"I PACKED ON 7KG OF MUSCLE IN 6 MONTHS

SMASH AN ULTRA MARATHON PAGE 84

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MARK WAHLBERG

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oct.



99
Impress mates with a belly-friendly barbecue



107
Build huge arms and chest



30
Get more vitamin D and turn her head



24
Down a cocktail! Just make sure you sleep it off...

Features

46 KICK-ARSE BEAUTY QUEEN
Don't mess with sexy Whitney Miller.

50 RIGHT ON THE MARK
Mark Wahlberg just gets bigger and better.

56 SPORT'S NEW BREED
The super-fit athletes taking on the world.

60 SHORTCUT TO SHREDDED
Making muscular tension work for you.

68 EMBRACING THE EGG
Crack into one of nature's perfect foods.

76 NO TIME FOR EXCUSES
Try the *MF* 5-Minute Full-Body Blast.

82 MENTAL AS ANYTHING
Seven ways to calm your overworked brain.

84 TRAIL-RACING TERROR
The ups and downs of the North Face 100.

90 HEAD OF THE CLASS
Follow the girls and give group training a go.

99 LICENCE TO GRILL
Become the king of the grand-final barbecue.

Breakthroughs

19 News
Dress up at work and reap the rewards.

20 Upgrade
It's time to master the lateral burpee box jump.

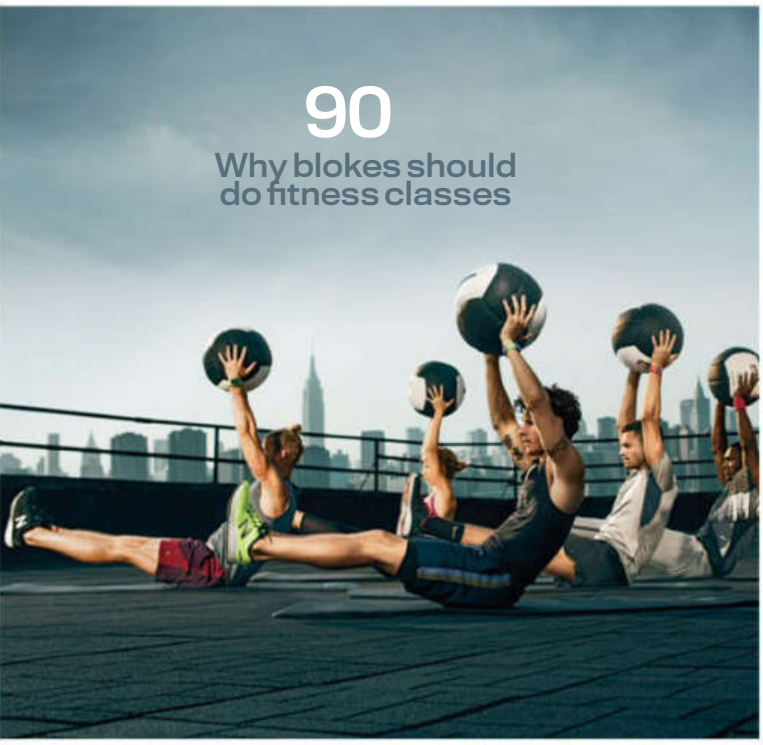
22 Health
An orgasm a day keeps bastard cancer away.

24 Success
Strategies to safeguard your online secrets.

26 Fitness
Wanna live longer? Get up and go for a walk.

28 Nutrition
Too much bad fat can ruin your metabolism.

oct.



90
Why blokes should do fitness classes



44
Introducing your next crush: Charlotte McKinney

68
Egg-cellent recipes that are as tasty as they are healthy



Game Changers

30 Shine on
Get some sun and give disease a kick.

32 Keep going
Make the most of your rests between sets.

34 Natural high
Five whole foods to add to your diet today.

36 Nick's story
The Victorian who put on 7kg of muscle.

38 Tight arse
Why you should get into compression gear.

40 Fruit tingle
Pomegranate really packs a punch.

42 Join the club
Chuck Palahniuk's all-new *Fight Club*.

44 Pure blonde
You'll go gaga for Charlotte McKinney.

Columns

48 Learn It!
Clean up online and score a sweet job.

The Body Book

105 80/20 rule
Lower your training intensity and hit a PB.

107 Switch it up
Push and pull your way to a brawnier new you.

112 Power play
The key to developing fast-twitch muscle.

114 House party
Save cash – turn your bedroom into a gym.

116 Personal choice
Do you really need a PT?

118 Bend, bro
Using yoga to boost your run.

124 Torch fat
Ring the changes with a kettlebell.

126 Foot feat
How to complete an injury-free marathon.

128 Grain fed
Smash a sandbag circuit and see results.

130 Grey matter
The best supps to focus your mind.

Regulars

10 View From The Top
12 Ask *Men's Fitness*
14 Training Diary
16 Hot Shot
123 Subscriptions



Woof!

24
Fido could be screwing with your internet safety



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Six-Minute Abs? *Pfft!*

In *Something About Mary*, Ben Stiller's suggestion to his psychopath hitchhiker that an exercise video titled "Six-Minute Abs" would fare better than "Seven-Minute Abs" drives his clearly disturbed passenger to a fit of sceptical apoplexy. It's comedy gold, and unfortunately, an opinion a great many people hold.

A seemingly small investment of six or seven minutes' exercise is more marketing hype than legitimate workout strategy; exercise, it is generally considered, must be long and tedious to deliver any result. A 10km run or 50 minutes in the gym is the minimum for any benefit, many people think.

This is clearly not the case. Short, intense bouts of exercise, as little as five minutes (see page 80), can deliver a raft of physiological benefits. CrossFit WODs, P45 training and HIIT sessions are great examples of this, as are gruelling four-minute Tabata workouts favoured by fight sports coaches. And really, when you're lifting in a traditional gym, how much work are you putting in after you check your phone, the hottie on the treadmill and walk to the water fountain?

The thing is, the key to fitness is consistency. Better six days of 15 minutes' intense exercise than three days of 30 minutes' moderate effort. It's not what you do, but how often you do it that counts. As the great educator of change, Anthony Robbins says, "It's not what we do once in a while that shapes our lives. It's what we do consistently."

We hope you enjoy the issue. If you have any suggestions, ideas or feedback, please feel free to email to me. Stay strong.



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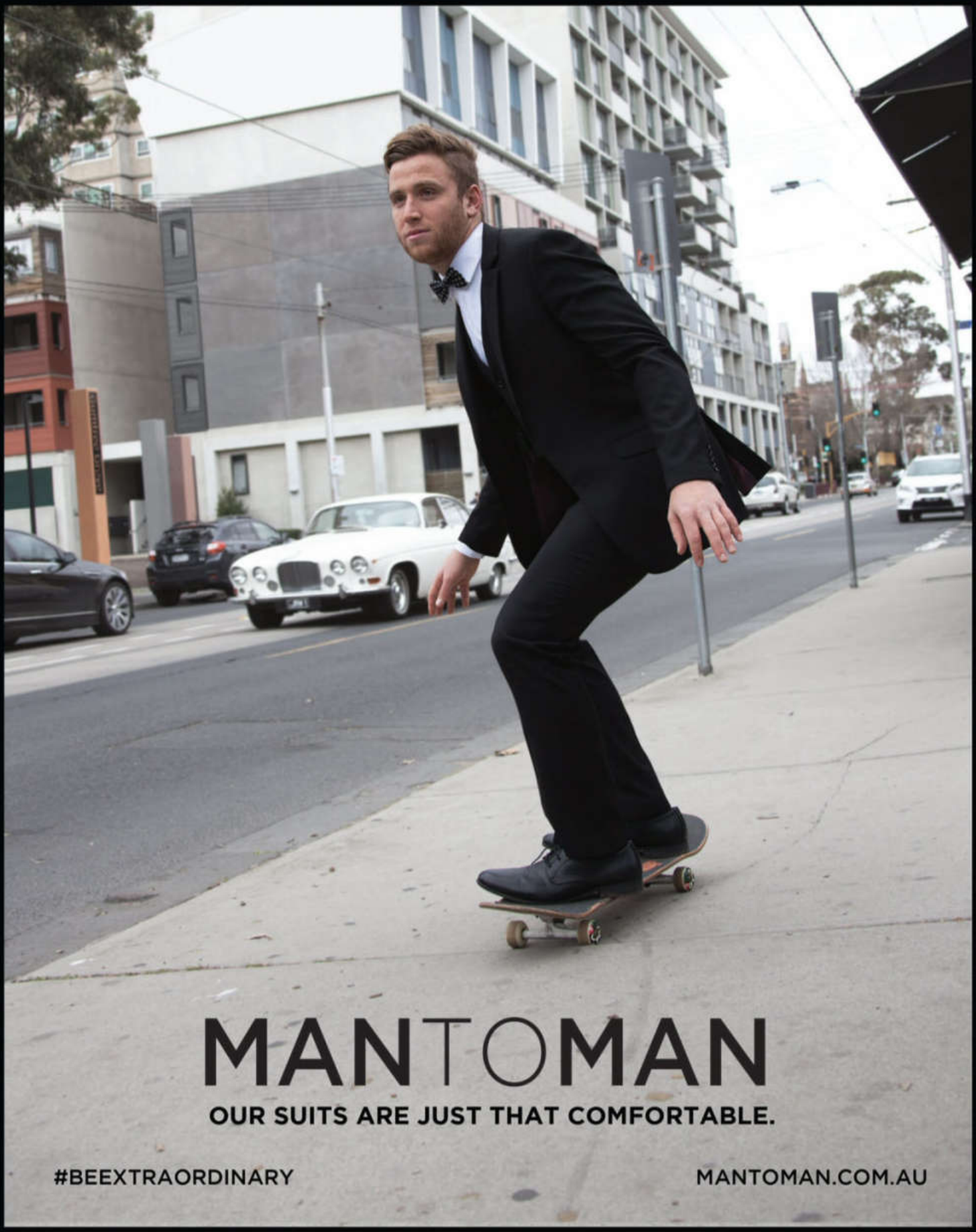
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Q I WANT TO TRY THE 16:8 DIET, BUT I TRAIN IN THE MORNING AND WORRY I WON'T GET POST-WORKOUT PROTEIN QUICKLY ENOUGH. IS THERE A WAY AROUND THIS?

Short answer: yes. "If you are going to do the 16:8 diet, it's important that you train on an empty stomach so your body burns fat, but you can eat afterwards," says nutritionist Jo Travers. "Time your fast to finish at the end of your session. Then have a well-balanced meal including your protein and eat throughout the next eight hours."

Q I USE SOCIAL MEDIA A LOT. IS THERE A CHANCE IT'S AFFECTING MY HEALTH?

Beyond dealing with rising blood pressure at all the Facebook game invites? For a start, it can affect your spine: your head weighs 4-5kg but as you tilt it forward to check your phone for Likes, the relative weight increases and puts pressure on your spine – a study in *Surgical Technology International* found that at 45° it weighs 22kg. Also, a chemical called dopamine gives you a buzz of pleasure when you get a Like or Favourite. Your brain starts to seek this out, making it harder to tear yourself away from the screens. And that way you get nothing done.

Q EVERYONE I KNOW SEEMS TO BE DITCHING MILK. SHOULD I DO THE SAME?

"Lactose intolerance is thought to affect only around 5% of the adult population," says Aaron Deere, a fitness education and development manager. "Even most of those who are intolerant can normally have up to 12g of lactose – around 240ml of milk – before symptoms develop. On that basis, it's not worth giving up milk altogether. Since milk is also a key source of calcium, amino acids and dietary fat, removing it from your diet can potentially result in nutritional deficiencies."

You ask, we answer... with a little help from our friends.

ASK MEN'S FITNESS



You should be able to run at "conversation pace" without losing your breath.

Q Running plans often say to choose a pace where you can still hold a conversation, but will it ruin my training if I talk too much? I get out of breath a lot – is that bad?

"Talking won't ruin your training and if a plan calls for easy running, there's a reason for that," says coach Ben Barwick. "Getting out of breath is good, but only when it is called for in the plan – if you're out of breath when you shouldn't be, slow down. The aim is to build different gears when you run. Be patient and in time your 'conversation pace' effort will get faster."

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GET IN TOUCH

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ARE YOU BUYING PROTEIN ONLINE

Whether you buy protein online to save time, save money or simply because you like to buy in bulk, are you certain your conveniently delivered supplements are actually delivering true value?

As an MEN'S FITNESS[tm] reader you are probably very familiar with buying protein and supplements online, but do you know how many dodgy and illegal businesses are out there trying to get your cash and stall your gains? With these quick tips you can arm yourself against these dodgy operators and make sure you are getting maximum **bang for your online buck.**

1. Exercise caution with corner cutters. Avoid brands that use unmarked packaging, cheap labels or that have no physical address. These are all warning signs of small-time operators that might be cutting corners on key ingredients. If you're unsure, ask the company in writing if they manufacture their own supplements (most don't) and what steps they take to ensure what's on the label is actually in the finished product.

2. Make an investment in your body. Would you buy a high performance car, only to fill it up with budget petrol? Same logic applies to your physical fitness and nutrition. Only invest in quality supplements that deliver both great value and superior nourishment to your body.

3. Judge a website by it's cover. Reputable online stores invest heavily in website functionality, design and security. Out-dated, buggy or poorly designed websites, particularly those missing secure payment options and SSL encryption are a sure sign of an online store worth avoiding.

4. The wrong choice costs you more. Making the wrong supplement choice doesn't just mean a waste of your hard earned money, but might also mean a waste of all that time and effort in the gym. Don't lose out on results simply because you saved a few dollars on sub-standard supplements.

5. Look for extra value. Always visit the clearance or sale pages on a website, plus keep an eye out for a newsletter signup bonus or other incentives. Do a quick search and see if there are any coupon codes floating around the internet. A few minutes research could land you some great value deals.

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Training diary

1 MONTH AWAY

2 MONTHS AWAY

3 MONTHS AWAY

RUNS



October 18
Medibank Melbourne Marathon Festival
Where: Melbourne, VIC
What: Run for fun over 5.7km or 10km or get serious and enter the half or full marathon, finishing at the MCG.
Contact: melbournemarathon.com.au



November 1
Tropical Journeys Great Barrier Reef Marathon Festival
Where: Port Douglas, QLD
What: Run the 74km JCU Ultra Marathon, the 42km or the 21km half marathon along the fringing reefs.
Contact: greatbarrierreefmarathon.com.au



December 20
6 Inch Trail Marathon
Where: North Dandalup, WA
What: Now in its 11th year, this 46km event takes place on part of the spectacular Munda Biddi Trail. Open to runners of all abilities.
Contact: 6inchtrailmarathon.com

RIDES



October 18
Real Insurance Spring Cycle
Where: Sydney, NSW
What: Pedal over the iconic Sydney Harbour Bridge and make your way to Olympic Park on the 50km Classic Ride or feel the burn on the 100km Challenge Ride.
Contact: springcycle.com.au



November 19-22
Avanti Plus Hellfire Cup
Where: Kellevie, TAS
What: Tear your way through rugged Tassie on a four-day stage race, either solo or in pairs. Camping at the race village is free and lunches are provided.
Contact: hellfirecup.com



December 6
Sally's Ride
Where: Launceston, TAS
What: Saddle up and ride between 25km and 160km through the lush, green Tamar Valley while raising funds for mental health awareness.
Contact: sallysride.com.au

TRIATHLONS



October 18
Rottnest Island Triathlon
Where: Rottnest Island, WA
What: Meet a quokka and enjoy the perfect lead-in race to Ironman Western Australia as you compete in a sprint or long-course tri.
Contact: rottnesttriathlonfestival.com.au



November 28-29
Bribie Island Tri
Where: Bribie Island, QLD
What: Experience the beauty of Bribie while you smash out a PB. With its tide-assisted swim, flat, fast cycle and shaded run, it's a favourite among racers.
Contact: bribietri.com



December 12-13
T3X Long Distance Tri
Where: Canberra, ACT
What: Show the pollies what you're made of with a 4km swim, 120km cycle and 30km run through the nation's capital. Tell Tony we sent you.
Contact: tripleedge.com.au/LongDistanceTri

SWIMS



October 15-17
Mana Fiji SwimFest
Where: Fiji
What: Take your holiday activities to a whole new level with a 10km swim around stunning Mana Island. There are also 5km, 3km and 1km options.
Contact: oceanswimsafaris.com

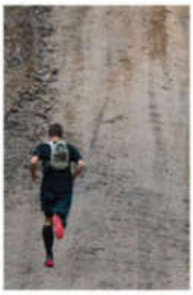


November 29
Coogee Island Challenge
Where: Coogee, NSW
What: Power your way around Wedding Cake Island on a 2.4km course or, if you're just starting out, give the 1km Splash and Dash a red-hot go.
Contact: oceanswims.com.au



December 6
Bondi To Bronte Ocean Swim
Where: Sydney, NSW
What: Give kids' cancer a good kicking through fundraising while enjoying a sweet summer swim between two of Sydney's most iconic beaches.
Contact: bondi tobronte.com.au

ADVENTURE



October 23-25
Australian Adventure Festival
Where: East Gippsland, VIC
What: Bike, run and paddle through the Mitchell River National Park. Tackle the one-day course or buddy up and go hard over two days.
Contact: adventurefestival.com



November 7
Raw Challenge
Where: Hobart, TAS
What: An 8km obstacle race with a difference, you'll find yourself climbing over shipping containers, flying down water slides and crawling through tunnels. Epic!
Contact: rawchallenge.com.au



December 5
Mud Run
Where: Sydney, NSW
What: Get down and extremely dirty as you battle your buddies over 7km of filthy mud pits and bog holes. Pro tip: don't wear your new Brooks runners.
Contact: mudrun.com.au

Got an event in your state that *MF* readers can train for in 2015? Email details to ashley@mensfitnessmagazine.com.au with a couple of good action photos.

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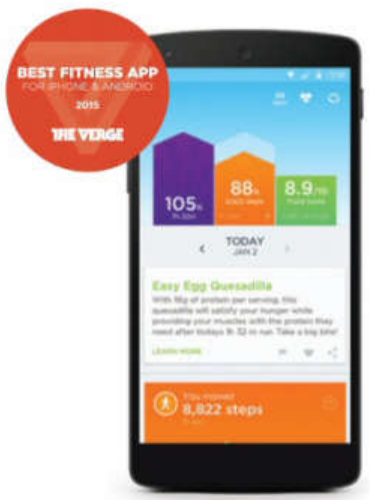
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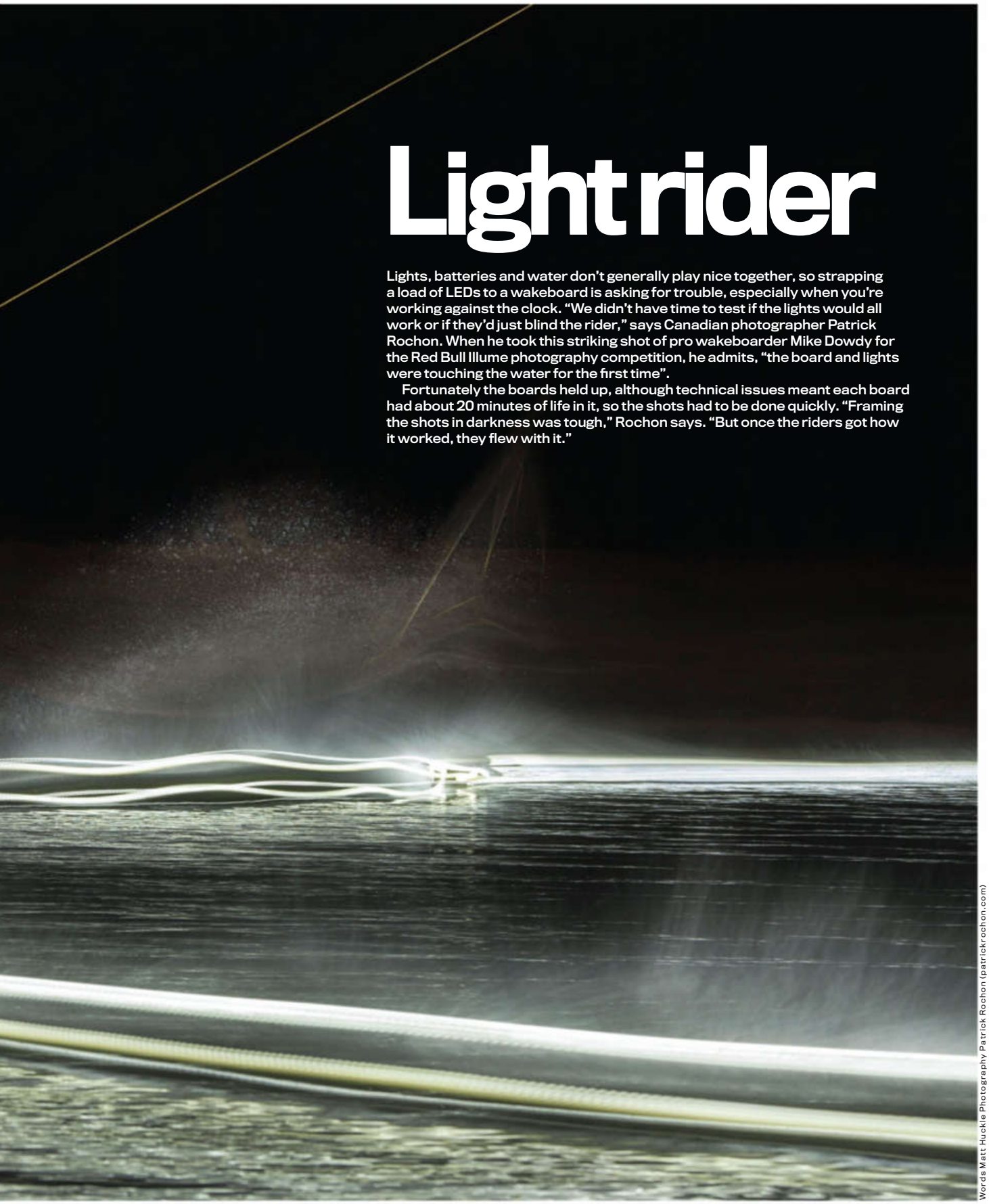
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Light rider

Lights, batteries and water don't generally play nice together, so strapping a load of LEDs to a wakeboard is asking for trouble, especially when you're working against the clock. "We didn't have time to test if the lights would all work or if they'd just blind the rider," says Canadian photographer Patrick Rochon. When he took this striking shot of pro wakeboarder Mike Dowdy for the Red Bull Illume photography competition, he admits, "the board and lights were touching the water for the first time".

Fortunately the boards held up, although technical issues meant each board had about 20 minutes of life in it, so the shots had to be done quickly. "Framing the shots in darkness was tough," Rochon says. "But once the riders got how it worked, they flew with it."

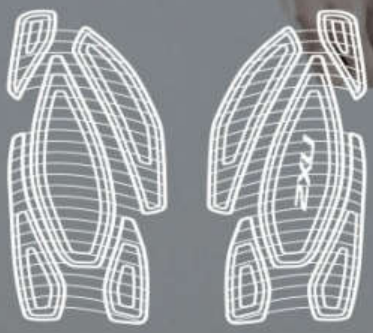


Words Matt Huckle Photography Patrick Rochon (patrickrochon.com)

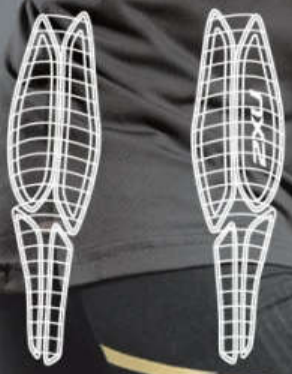
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Breakthroughs



Royal blue suit: $499, orange and blue bold check shirt: $110, brown Portuguese leather bag: $399, silk tie: $59 *peterjacksons.com*

Dress better, think more creatively

Get just a bit more dressed up than the people you work with and you'll also generate bigger ideas and think on a higher, more abstract level.

How so? According to new research, when you outdress your co-workers to even a subtle degree, it makes you feel more powerful; which allows you to think more like a leader, reports the journal *Social Psychological and Personality Science*.

"Wearing more formal clothing leads to more big-picture thinking," says study co-author Dr Michael L Slepian. And it doesn't even matter *how* dressed up you get, he says: "What's key is that you're wearing clothing that's *more formal than your peers.*"

So if your office is full of chinos and button-downs and you want to bump it up a notch, add a check blazer and suede boots; if your firm is all suits, try one of the new merino wool suits from Peter Jackson and spruce it up with a check shirt and polka-dot tie.

And if anyone challenges you about upping your style game, your new, more powerful brain will have just the right snappy comeback. –ADAM BIBLE

Think laterally

Enhance your plyometrics routine with the lateral burpee box jump, a move with no unpleasant side-effects.

Burpees? Fine. Box jumps? Even better. Burpee box jumps? Now you're talking — but, for the sporting gentleman, they're even more effective when done with a twist. "Most training programs focus on straight-ahead speed," says strength coach Steven Morris. "But sideways and angular movement is often neglected."

Enter the lateral box jump. By propelling yourself into the air and sideways, you'll build explosive strength while also challenging your neuromuscular co-ordination. Add in a burpee and you'll also improve proprioception — your body's sense of where its parts are in relation to each other — as well as getting in some conditioning.

The result is hardcore strength you can apply from every angle.



How to do it
Sets 4
Reps 3 each side

Lower into a pushup, then jump up to your feet. Do a quarter squat, then jump explosively onto a box stationed 90° to one side of you. Complete three reps, then turn 180° and repeat, jumping in the opposite direction. Focus on explosiveness and height and stop before you feel fatigued.

Embrace the pump

You've probably experienced the "pump" – the post-workout rush of blood to your muscles – but it's not just about looking huge. New research says it transports oxygen and nutrients where they're needed. Here's how to make the most of it.



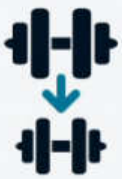
HOLD THE SQUEEZE

Still cranking out the curls Ron Burgundy-style? Nobody's impressed. Forcefully contract your muscles at the top of each rep to reinforce the mind-muscle connection.



SUPERSIZE YOUR SETS

Supersets increase blood flow to your muscles as they fatigue – perfect for the pump. Try the arm tornado: 20 reps of both dumbbell curls and cable push-downs, repeated seven times.



DROP IT, THEN HIT IT

Go past the point of fatigue with drop sets – hitting failure at one weight, then immediately dropping to a lower weight and squeezing out a couple more reps. Repeat once more for a double-drop set and know that Arnie would be proud.

Words Joel Snape Photography Mark Harrison Model Daniel Ventura@WAthletic

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Food shows make you feed your face

With the TV landscape so full of mouthwatering cooking shows, flipping channels can seem like a trip through food-porn paradise. Unfortunately, using these shows to cook by can backfire on you.

A new US study from Cornell University found that viewers who used TV recipes to create dishes from scratch weighed an average of 5kg more than those who watched just for fun. They were also heavier than home cooks who used cookbooks, online recipes or personal recommendations to make their dishes.

"Cooking shows may normalise unhealthy foods or portions, which can make home cooks think it's OK to eat that way on a daily basis at home," says lead author Dr Lizzy Pope. "The best thing to do is be aware that depicting healthy foods is not the No. 1 mission of most food shows."

So get your recipes from sources other than Huey and Poh — like pages 68 and 99 of this mag.

A dangerous way to horse around



Next time you're working your way through the *Kama Sutra* with your lady, make sure you use extreme caution when she mounts up for the cowgirl position (her on top). A study published in *Advances in Urology* found that penile fractures (ow!) were 50% more likely to happen when partners were in that position.

The sunscreen hall of shame

A shocking 80% of sunscreens don't work as well as they claim and/or contain harmful ingredients, a US report from the Environmental Working Group has found.

The majority of the 1,700 sunscreens the watchdog org tested skimp on UVA protection; boast laughably high SPFs (nothing over 50 is any more effective); have chemicals that can be harmful, like oxybenzone, a hormone disrupter, and retinyl palmitate, a possible skin-tumour developer; or are aerosol sprays that give hit-or-miss coverage or can even be dangerous if inhaled.

If you're working out under the sun, *MF* recommends Nivea Sun Ultra Sport, which is sweat-resistant and contains a cooling formula that will help keep you going harder for longer.



Get on it: guys who have 22-plus orgasms a month have much less risk of prostate cancer.

istock

Have more sex (here's why!)

Talk about getting lucky: have an orgasm daily (or nearly that) and you'll lower your risk of prostate cancer by 33%. That's right: men who ejaculate more than 21 times a month are one-third as likely to get prostate cancer as those who get off only four to seven times a month (and yes, doing it alone counts, too), according to pre-publication reports of the ten-year follow-up of a US study from Harvard University from 2004. The study's authors hypothesise that getting rid of all that baby batter releases beneficial hormones or that flushing out the old sperm regularly may purge precancerous cells. And though they can't comment on the record about their research till the results are officially published, we're going to take their word for it and get started ASAP.


DAVID
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THE NEW FRAGRANCE
IT ALL STARTS WITH A DREAM
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How to fight with your girlfriend 2.0

■ It's Friday night football and you're just getting comfy. She takes the remote and switches to *Real Housewives*. You're irritated. What to do?

Let it out: sharing your feelings *is* helpful, says *The Mathematics of Love* author Dr Hannah Fry. But, seriously: watch what you say.

When Fry statistically analysed a noted couples study, the data showed that sharing is healthy — but word choice is paramount.

Says Fry, "Not all communication is equal. In the study, couples in strong relationships held deep-seated positive views of each other and dismissed bad behaviour as out of the ordinary, saying things like, "You're just tired." But troubled couples used bad acts to reinforce negative beliefs, saying things like, "You're always selfish."

Lesson: resolve issues asap, but if you find yourself using mean or button-pushing words ("always", "never"), try looking deeper into the relationship.



To stay productive, sip a cocktail (but don't skip sleep)

■ Don't feel guilty about heading to happy hour tonight — as we said last issue, just get at least seven hours of sleep before going back to the office tomorrow and your job performance won't suffer at all.

Boozing it up (well, 3-4 drinks max for men, 2–3 for women) on a work night has very little effect on productivity the next day — but sleeping only six or less hours sharply cuts productivity, according to the surprising results of a Rand Europe Report on 20,000+ workers across the UK.

Other factors — money woes, mental or physical troubles, even workplace bullying — also affected productivity somewhat, but nothing was linked to it as directly as lack of sufficient sleep time.

Your first pet's name was "Joseph Stalin"

(And other smart answers to online security q's)

When it comes to internet security questions like "What was the name of your first pet?" it's easier to stick with the truth than to type in something random — like the name of your favourite Bolshevik dictator — then, months down the road, try to remember what you did. So, usually, "Spot" it is. Unfortunately, as Stalin himself might say: "You make very big mistake."

A new Google analysis of thousands of security questions found that most users' answers are anything but secure. Many ("What's your favourite colour?") are too simple or have too few possible choices. Others ("Where were you born?") may be known to acquaintances or can be easily learned by rifling through email you've left open, or doing simple research. And some may be used on other sites, making them vulnerable if there's a data breach.

"Big deal," you're thinking. "It's not like it's my *password*." Wrong again, says Patrick Nielsen of internet security firm Kaspersky Lab: "Security questions can be used to access your accounts without your password — so, in essence, answers to security questions *are* passwords. That's why you need to pick them with care." –JEFF TOMKO



Watch your info, dawg. *When you use simple, guessable answers to web security questions, they can be quickly sniffed out by just about anybody.*

Crack the "Security Question" Code

■ **DO:** Use a password manager – software that keeps track of your secrets and can be accessed only with a single password you choose. (Nielsen recommends *kaspersky.com.au*)

■ **DON'T:** Use single-word passwords. Instead, switch to nonsensical pass phrases, such as, "Consider the purple seahorse clicking the roof." (But make up your own!)

■ **DO:** Make up fake answers for internet security questions and store them in the password manager.

■ **DON'T:** Use the same answers on multiple websites. Ever.

■ **DO:** Wherever possible, use sites with two-factor authentication, which asks you to verify your info a second way– eg, by text or email.

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STRENGTH COMES WITH TIME

For workout thrills, get "mobbed up"

■ Feeling isolated, bored with the gym or just unmotivated to exercise? Then get with the crowd.

Specifically, the "flash-mob fitness" crowd — gangs of as many as 100-plus athletes of every level, from pros to newbies, who go on free early morning city runs and do stimulating drills like bear crawls and burpees in the park. And all you need to do is show up.

Called the November Project, the movement was started in Boston in the US by two former university rowers to keep fitness buffs going during dreary New England winters. So far it's spread to 19 American cities, including San Diego, Chicago and New York.

The Project isn't in Oz just yet, but you can learn how to start your own fitness flash mob at *november-project.com*.

Stronger handshake = healthier future

■ Your grip strength can show more than how manly you are – as you age, it can predict how long you're going to be around, UK medical journal *The Lancet* reports.

Researchers took the results of an epidemiology study on nearly 140,000 people in 17 countries and culled all data on subjects' grip strength, measured using a hand dynamometer. Post-study death stats showed that every 5kg decrease in a subject's hand strength meant a 16% higher risk of death in general and a 17% higher risk of heart-related death.

Pick up a dynamometer on eBay – if nothing else, it makes for a heck of a party game.

A bedtime snack that builds muscle? Yes!

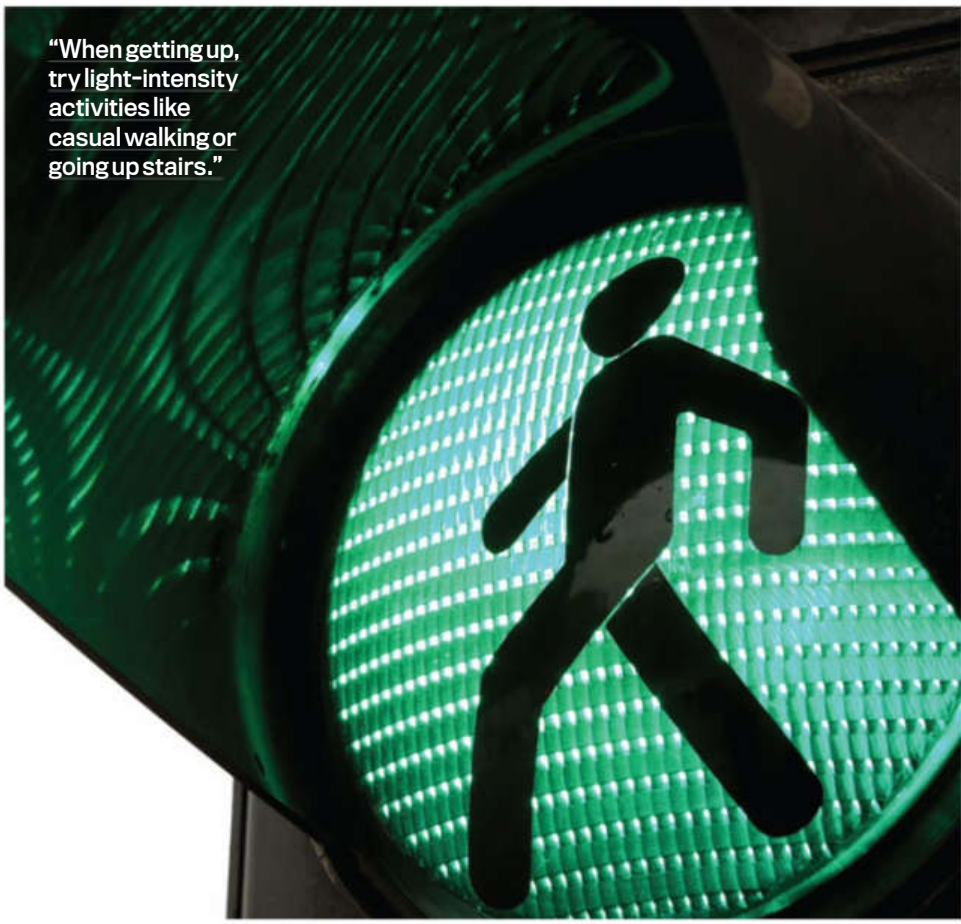
■ More fodder for the "when should I eat protein to build muscle?" debate: a *Journal of Nutrition* study found that a protein shake before sleep can up muscle synthesis by 22%.

In the 12-week study, 39 young men lifted weights three times a week and ate a 275-calorie snack (cheese sandwich, apple, no-cal drink, for 37g carbs, 10g protein, 9g fat) afterward; otherwise, they kept to their normal diet.

But 19 of the guys *also* drank a protein drink (27.5g protein, 15g carbs) before bed. At study's end, that group had more muscle and were quite significantly (3%) stronger.

"It's remarkable that ingesting protein before sleep increased muscle mass and strength even when these men already took in relatively high daily protein (0.6g protein/450g of bodyweight)," says study head Dr Tim Snijders.

Bottom line: "We can't conclude that [nighttime protein] is *more* effective for muscle building," Snijders says, "but it's a viable option."



The 58/2 fix

Sit for 58 minutes, walk for 2, live longer

Whether you're a full-time desk jockey, a Triple Zero operator or a High Court judge (mate, it could happen), science has discovered an important trick you can use to stay healthier and live longer.

According to a University of Utah School of Medicine study in the US, getting up and walking for at least two minutes every hour can lower your risk of early death by 33%. And no, just standing doesn't cut it. "When getting up, try light-intensity activities like casual walking or going up stairs," says study lead Dr Srinivasan Beddhu. "Activities of very low intensity, such as standing, aren't as beneficial."

To remember your healthy hourly stroll (you may want to give your boss a heads-up first, lest he/she read some intrigue into your wanderings), set an app or timer and get creative to form some new habits. For example, instead of drinking water out of a huge bottle at your desk, use a small glass and refill it often; take the long route to the printer; get coffee from across the street, not the kitchen; and walk downstairs and back.

Even if you're just couch-potatoing at home, take time between TV shows to haul arse — your heart will thank you.

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Ruin your body in just 5 days

Science has proven that eating a sensible amount of "good" (mono- and polyunsaturated) fats, like those in avocados, nuts and fish, can lower your risk of heart disease and stroke, while saturated fats — the kind doughnuts and chips are dripping with — can raise cholesterol and *increase* your risk of heart disease. But, a warning: just five days of fat-bingeing — eating 55% of your daily calories in fat — can muck up your metabolism and open the door to disease, according to a new US study from Virginia Tech. In it, healthy university-age guys ate a typical diet of 55% carbs, 15% protein and 30% fat (11% of which was saturated fat) for a week, to normalise their diet and set a baseline; they then loaded up on super-high-fat foods, to flip the ratio to 30% carbs and 55% fat (including 25% sat-fat). The results were swift and shocking: the fat glut sabotaged the way subjects' muscles metabolised nutrients and oxidised glucose. This stalled the body's insulin response, a step towards obesity, diabetes and other diseases, and multiplied endotoxins, bacterial waste that wreaks inflammatory havoc. Even the researchers were surprised. "This was the first study in healthy males to show that a short-term, high-fat diet can raise endotoxins in the blood — early cues to obesity and diabetes," says Dr Matthew Hulver. Lesson: enjoy good fats in moderation, and have the odd cheat meal, but submit to the lard too often and it's medical salvation you may end up needing. –ADAM BIBLE



Pick up a pear, lower your BP

Pears aren't really a go-to snack for most regular blokes — but maybe they should start to be. As *Food Research International* reports, the skin, pulp and juice of pears makes them unsung heroes of the fruit world.

Pears' phenols — compounds with antioxidant or anti-inflammatory properties — keep the starch from high-carb foods from quickly turning into glucose, combating type-2 diabetes; pulp can lower blood pressure; and fermented pear juice can inhibit *H. pylori*, an ulcer-causing bad stomach bacteria.

"When eaten regularly, fruit such as pears, with fibre and soluble phenols, can act as an antidote to a high-sugar, high-calorie diet," says the study's Dr Kalidas Shetty.

CORN SYRUP LOSES AGAIN

It's long been suspected that high-fructose corn syrup (HFC) – which makes up about 10% of the Australian diet and is a staple of soft drink and biscuits – is linked to obesity. Now a study has confirmed that HFC indeed causes significant weight gain, increases fat mass and lowers activity levels compared with the same amount of glucose (the simple sugar found in fruit), the US study from the University of Illinois reports.

The study is a real breakthrough, says lead author Dr Catarina Rendeiro, as the experiment used two groups of mice that ate the exact same amount of sugar calories – only the *type* of sugar was different, which was a first.

Fasten your taste buds, it's gonna be a bumpy flight

Why does aeroplane food suck arse? When noise exceeds 85 decibels, as in flight, foods taste less sweet and more "umami" (savoury) — so a dish you like when it's quiet you may hate when it's noisy, a US study reports. Loud bars can also top 85 dbl — but who goes there for a taste hit?

Nick Ferrari

Raw fermented paleo protein

For those who go against the grain

Raw fermented paleo protein is a delicious wholefood formula combining a nourishing sprouted base with fermented seeds and greens. This blend contains superfoods such as Peruvian sacha inchi, fermented spirulina, quinoa and chia, creating a comprehensive paleo-friendly protein. Vegan and grain-free, **Raw fermented paleo protein** provides high levels of amino acids essential for muscle development and body function.



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Game Changers

More D = less big C

We all know too much sun exposure can lead to melanoma, but too little can rob us of vitamin D, the feisty nutrient that repairs DNA, wards off cancer and improves immunity against infections. In fact, statistics show up to 31% of Australians are now vitamin D deficient. A recent US study from the National Center for Biotechnology Information found that increasing vitamin D intake over two months improved the state of 291 genes in subjects' immune cells. And if you're not taking supplements, that means catching up on a few rays. In the non-tropical parts of this big brown land, that equates to two-three hours of sunlight a week in the colder months and five-ten minutes a day in summer. So continue to slip, slop, slap but only after you've given that big orange orb in the sky some quality time.

Muscle



Open up. *Stretch your muscle gains by stretching your pecs between sets of back exercises – it'll help you lift more overall weight.*

Rest better, get bigger

Resting between sets doesn't have to mean vegging out. Here's what to do to make more gains during your downtime.

By Sean Hyson

YOU LOVE YOUR REST PERIODS. Sometimes they're the best bit of a workout – those brief respites between sets of a hard lift that allow you to catch breath, get a drink and ogle women in stretchy pants.

But while resting is an essential part of anaerobic exercise (like weight training), that doesn't mean you should sit like a lump the entire time. There are several strategies you can use between sets that will help you get bigger and stronger.

Start using them now and make your rest periods work for you!

James Michelfelder / Styling by Shandi Alexander; Grooming by Lydia Sellers/Exclusive Artists using Kevin Murphy Hair Care

Get antagonistic

■ Whatever muscles you're training, try stretching their antagonists — the muscles that oppose them — between sets. For example, if you're working your back, which is all pulling muscles, you'll stretch out your chest, which is used to push. Other complementary muscle groups: shoulders and back, thighs and hamstrings, and biceps and triceps.

In a study published last May in *Research in Sports Medicine*, two groups of subjects were tasked with performing three sets of seated rows (which primarily work the lats), with two-minute rests between sets. While resting, one group did nothing, while the other group had their pecs stretched by a researcher for 40 seconds. Result: not only did the subjects who stretched not lose reps to fatigue in each succeeding set, they actually got more reps than those who hadn't stretched. Researchers also measured significant increases in muscle activity in the subjects' lats and their biceps.

It's not clear exactly why stretching is helpful or if actively stretching on your own will have the same effect, but Sherrington's law, a physiology principle, states that when a muscle is stimulated, its antagonist is forced to relax — so it's possible that stretching one set of muscles forces greater relaxation, and therefore recovery, in its antagonists, leaving them fresher for subsequent sets.

Squeeze in some cardio

■ Whether you're training to lose fat or build endurance, you can burn more calories in your workout by doing some light cardiovascular exercise between sets. This could be anything from simple star jumps to jumping rope, kettlebell swings or a sprint on a bike. Interset cardio "keeps your heartrate elevated without hindering your weight-training goals," says trainer Kate Vidulich, owner of *fatlossaccelerators.com*. But ease into it if you're not in very good shape to begin with.

"Do 30 to 45 seconds of cardio, then give yourself at least 30 seconds of pure rest," says Vidulich. And be sure the exercise you choose doesn't compete with the lift you're performing. In other words, don't do bike sprints between sets of squats, or you'll see leg strength drop off rapidly.

Breathe deep

■ Sometimes sitting down to rest between sets is not only OK but advisable, such as when you're about to perform a heavy lift. Your nervous system has to gear up for the effort as much as your heart and muscles.

But even then you can still be active with your recovery. "Take a deep inhale, then make sure your exhale is slow and deliberate and takes twice as long," says strength coach Jim Smith, co-author of *Strength: Barbell Training Essentials*. "It slows down your heartrate and restores normal breathing."

Rest Right

■ Below are the approximate recommendations for rest times (complete rest, that is) between sets according to what your muscle gain, strength or endurance goals may be.

Goal	Rest
Muscle gain	30–90 sec.
Strength	2–5 min
Endurance	30 sec. or less

*Note that since fat loss depends primarily on diet, there is no official rest-period prescription for it, although we feel that both short and long rests work, depending on the program.

HARD FACTS

OUR TRAINING DIRECTOR **SEAN HYSON** SOLVES YOUR WORKOUT CONUNDRUMS

"How much do I need to bench in order to have a big chest?"

■ The bench press is probably the most popular lift in strength training, but it's actually a mediocre exercise for the pecs. You've made a common mistake thinking that it automatically correlates to chest mass.

The bench is a cornerstone lift because it does build the upper body, but if you're really trying to zero in on your pecs, focus on dumbbell pressing and pushup variations instead. These exercises work the pecs more directly and harder because they take them through a greater range of motion. They're also less risky for the shoulders.

This isn't to say you shouldn't bench-press if you want to, but chasing a specific number of kilos on the bar won't guarantee a certain number of centimetres on your chest.

Sean Hyson is the Men's Fitness *training director and author of* 101 Best Workouts of All Time, 101bestworkouts.com.



James Michelfelder



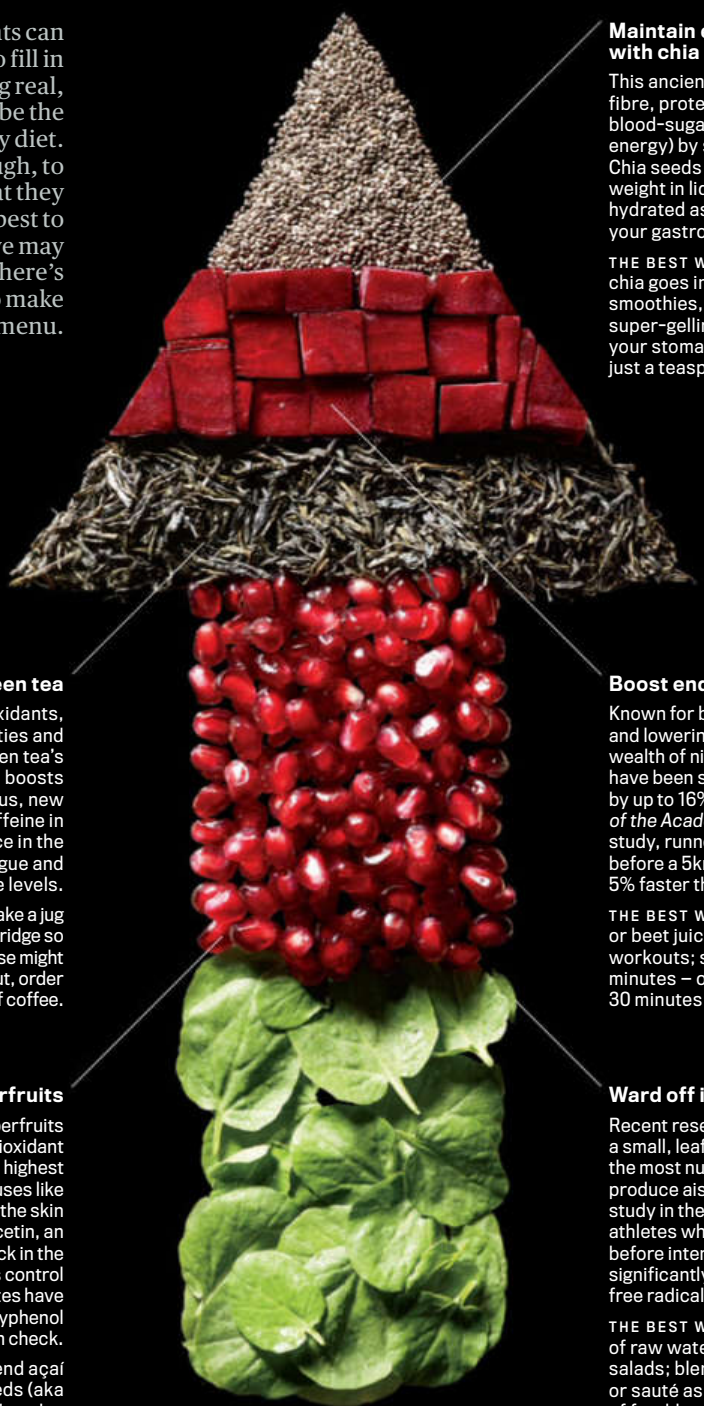
Compared with the bench press, dumbbell presses and pushup variations work the pecs harder and more directly.

Eat well

The natural edge

Despite all the powders, pills and elixirs out there, nature's simpler foods are often the best performers.
By Adam Bible

Taking supplements can be a smart way to fill in nutritional gaps, but eating real, whole foods will always be the bedrock of a healthy diet. It can be tricky, though, to know which to pick, what they can do for you and how best to eat them. Since these five may not be on your radar yet, here's all the info you need to make them part of your new menu.



Maintain energy levels with chia seeds

This ancient seed from Mexico is full of fibre, protein and antioxidants and limits blood-sugar spikes (providing steady energy) by slowing glucose absorption. Chia seeds also soak up ten times their weight in liquids, so they keep you hydrated as they work their way through your gastrointestinal tract.

THE BEST WAY TO EAT THEM: Crunchy chia goes in almost anything – yoghurt, smoothies, even meatloaf. Their super-gelling properties can upset your stomach at first, so start with just a teaspoon.

Burn fat with green tea

Besides its powerful antioxidants, cancer-fighting properties and memory-enhancing powers, green tea's active ingredient catechin also boosts metabolism to help burn fat. Plus, new research shows that the caffeine in green tea improves performance in the gym by reducing feelings of fatigue and increasing adrenaline levels.

THE BEST WAY TO DRINK IT: Make a jug of iced green tea to keep in your fridge so it's available when you otherwise might opt for soft drink or juice; when out, order green tea instead of coffee.

Boost endurance with beetroot

Known for boosting oxygen efficiency and lowering blood pressure due to their wealth of nitrates, these root vegetables have been shown to increase endurance by up to 16%. And in a 2012 *The Journal of the Academy of Nutrition and Dietetics* study, runners who ate beetroot an hour before a 5km race finished the last 1.6km 5% faster than beet-less runners.

THE BEST WAY TO EAT IT: Have beetroot or beet juice an hour before endurance workouts; steam raw halved beets for 15 minutes – or grill foil-wrapped halves for 30 minutes – and enjoy as a side.

Stick with superfruits

Loaded with polyphenols, superfruits are justly trumpeted for their antioxidant abilities. Açaí has some of the highest levels, beating powerhouses like blackberries and cranberries; the skin of apples is filled with quercetin, an inflammation-fighter; plums pack in the chlorogenic acid, which helps control blood sugar; and pomegranates have a potent dose of punicalagin, a polyphenol that can help put bad cholesterol in check.

THE BEST WAY TO EAT THEM: Blend açaí berries and pomegranate seeds (aka arils) into a smoothie; toss sliced apples into a salad with nuts; and eat ripe plums whole or plop chunks into yoghurt.

Ward off illness with watercress

Recent research crowned watercress – a small, leafy green with a peppery kick – the most nutrient-dense food in your local produce aisle. And according to a 2012 study in the *British Journal of Nutrition*, athletes who ate 85g of watercress before intense exercise experienced significantly less damage caused by free radicals than those who didn't.

THE BEST WAY TO EAT IT: Toss sprigs of raw watercress in sandwiches or salads; blend it into smoothies; steam or sauté as a side; or serve it on top of freshly grilled meat as a natural flavour enhancer.

Photograph by Levi Brown / Prop styling by Angela Campos/Halley Resources


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KING OF PAIN

A back injury turned super-fit Nick Vernuccio into a shadow of his former self, but a rigorous bodyweight program and change in attitude saw him pack on muscle and regain his old spark.



Totally carved. L-sits were key to Nick's six-pack.

TALE OF THE SCALE
NICK VERNUCCIO

AGE: 28
LIVES: SUNBURY, VICTORIA
HEIGHT: 166CM
BEFORE: 59KG
AFTER: 66KG
GAINED: 7KG MUSCLE



At 166cm, Nick has never been a big guy. It's why he got into weight training at 13 — "I wanted to put on muscle and get stronger" — and why, by the time he had reached his 20s, he was competing in natural powerlifting events. At that point, Nick, a retail manager from Sunbury in Victoria, was 75kg of rippling muscle and carried less than 12% bodyfat.

Always challenging himself, things went awry when he put his lower back out attempting a set of 160kg deadlifts in 2012. The chronic pain wouldn't go away, and despite visiting several specialists and physios no cure could be found. Nick kept on training — he has always been very disciplined in his approach — but dealing with the pain on a daily basis began to get him down. His workout regime became tainted by what he calls "fear avoidance". "You stop doing certain movements because you think you will trigger the pain even though you should be keeping the area activated."

The pain sapped his motivation and soon he was eating junk food and training infrequently. Because muscle weighs more than fat, Nick's weight dwindled to just 59kg. "The last time I was 59kg was when I was 13," Nick says. More troubling in Nick's eyes was the decline in his core strength. "It used to be really high, but when I was tested on the lumbar extension machine, the physio said I was in the lower 30% of the population. That was a big hit to my ego."

"I REALISED I COULDN'T TRAIN LIKE A BEAST ANYMORE, BUT I COULD STILL GET RESULTS."

Work also became a huge challenge. He would push through the pain barrier all day, but when he got home he was in no mood to keep exercising on top of what he'd already done. It was a vicious cycle.

There was no lightbulb moment in Nick's transformation, but the sense of depression he felt spurred him on to seek a solution. He decided to get fit again. "I knew it would give me confidence and make me feel better about myself," he says.

But rather than pump iron and further inflame his back, Nick chose a different route. "I struggled to lift heavy external loads," he says. "But bodyweight training enabled me to overcome that. With free weights you keep on adding weight then reach a peak, whereas with bodyweight training I could keep modifying what I was doing and progress more gradually."

For example, he would punch out sets of pushups then increase the shoulder tension by sticking his feet on a chair. Instead of normal squats, he upped the ante and did pistol squats where one leg is extended off the ground.

Nick set himself a goal of getting down to 10% bodyfat, so he'd be able to see his six-pack again. He lowered his calorie intake to 1500-1700 per day and ramped up resistance training to include muscle-ups and L-sits [holding a leg raise at 90 degrees]. Six months into the plan, he'd reached his aim, having stacked on several kilos of muscle and regained the strength that had deserted him.

The pain is still there, but Nick's attitude to it is different. "You have to accept your life has changed and adapt," he says of his inspiring makeover. "I realised I couldn't train like a beast anymore, but it didn't mean I couldn't get the results I wanted. It's tempting to take an all-or-nothing approach but it was better for me to make steady improvements over time and take care of my body along the way.

"Getting fit again has given me a self-esteem boost. I now know I can reach my goals when I want to." ■

If you've a story like Nick's you'd like to share, send an email to ashley@mensfitnessmagazine.com.au with clear before and after photos (photos must be at least 1MB each).

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NUTRITION INFORMATION APPROXIMATE SERVINGS

Per Serve (1scoop)	Quantity per serve
Energy	620 kJ
Protein	24.5 g
Fat, total	1.9 g
- saturated	1.2 g
Carbohydrate	7.5 g
- sugars	6.8 g
Sodium	85 mg

AMINO ACID ANALYSIS

Serving size: 38g Essential	Quantity per serve
Isoleucine	1242mg
Leucine	2077 mg
Lysine	1578 mg
Methionine	420 mg
Phenylalanine	621 mg
Threonine	1478 mg
Tryptophan	389 mg
Valine	1156 mg
Non- Essential	
Histidine	363 mg
Alanine	1036 mg
Arginine	547 mg
Aspartic Acid	2102 mg
Cystine	531 mg
Glutamic Acid	3409 mg
Glycine	386 mg
Proline	1175 mg
Serine	1059 mg
Tyrosine	647 mg

All values are considered averages unless otherwise indicated.

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WHY WEAR IT?

Compression gear is fashionable in professional sport and at the gym, but what is the science behind wearing muscle-hugging tights and tees?

A study in *The International Journal of Sports Physiology and Performance* found sporting lower-body compression garments during endurance cycling "may assist in performance, perhaps through enhanced blood flow and/or redistribution of blood flow as evidenced by a lower mean heartrate during fixed-intensity exercise".

The Australian Sports Commission also spruiks compression gear's value as a workout recovery aid, reporting it "may promote blood lactate removal". The Australian Institute of Sport's Dr Shona Halson reports that testing shows the 2XU brand is most effective in this regard.

Recently the focus has turned to the effect compression gear has on the brain — whether it can ramp up decision-making capacity through increased blood flow, thereby assisting tired athletes towards the end of matches, races, etc. Researchers from the University of Canberra and the AIS expect to report on the subject before the end of the year.

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Remember your pomegranate

Science has deemed it a superfruit with some exceptionally promising health benefits.

Amazing antioxidants

■ Like many fruits and juices, pomegranates and pomegranate juice have compounds called polyphenols, a type of antioxidant.

These compounds may help protect the body against free radicals — unstable molecules that cause damage to our bodies over time.

Polyphenols are found in fruits such as berries and grapes, as well as in bitter or astringent-tasting foods like onions, apples and cocoa.

One US in vitro [test tube] study, however, found that pomegranate juice has on average more antioxidant potency than red wine, grape juice or even that health-food favourite, green tea. In fact, pomegranate juice actually has triple the antioxidant potency of green tea.

A memorable fruit

■ From crossword puzzles to eating the right foods, certain strategies may be helpful for cognition as you age.

A preliminary 2013 US study indicated that a small group of older adults with age-related memory complaints who drank 250ml of pomegranate juice each day showed increased verbal memory performance and functional brain activity in MRI testing after just four weeks.

In another small pilot study at California's Loma Linda University that same year, 10 older adult heart patients were given 2,000 milligrams of pomegranate extract daily, beginning a week before their heart surgery and continuing for six weeks after it.

Compared with a placebo group, they showed improved memory that lasted for up to six weeks after the surgery.



Red alert. *Liven up your day with a good-for-you glass of pomegranate juice.*

Good to the core

■ The collection of microorganisms that live in our body, called our "microbiome", is a major focus of many research labs. Because of this research, we're continually learning more about how integral this microbiome is to our overall health and wellbeing.

Recent in vitro and in vivo [living organism] studies suggest that the phytonutrients in pomegranates may have a positive influence on gut microbiota. This appears to be due to the fact that pomegranates contain a unique category of phytonutrients: a group of polyphenols called ellagitannins.

Emerging science suggests these polyphenols may be linked to the enhanced growth of a number of beneficial bacteria.

They may also help inhibit the growth of some of our gut's less-friendly bacteria. Two research papers written by University of Mississippi scientists in the US in 2009 and 2010 began to explore, in vitro, how pomegranate extract may affect the growth of a variety of gut bacteria. More recently, a study published in the journal *Nutrition* in 2014 investigated the role of in vitro activity of pomegranate extract against *C. difficile*, a type of gut bacteria.

Stay tuned

■ Although the early scientific findings appear promising for both cognitive and gut health, the impact of pomegranate products on the human brain and gut microbiota hasn't yet been adequately studied. Further studies on larger populations will be needed to determine the long-term effect of pomegranate juice and extract on a range of cognitive functions. Future clinical research is also needed to help establish causation as well as the potential for using pomegranate products as prebiotics.

Taste the benefits

■ Try pomegranate juice as a straight morning pick-me-up or as a mixer with your favourite cocktail. It's a great health booster that goes down easy.

Food styling by Suzanne Lenzer; Prop styling by Heather Chontos

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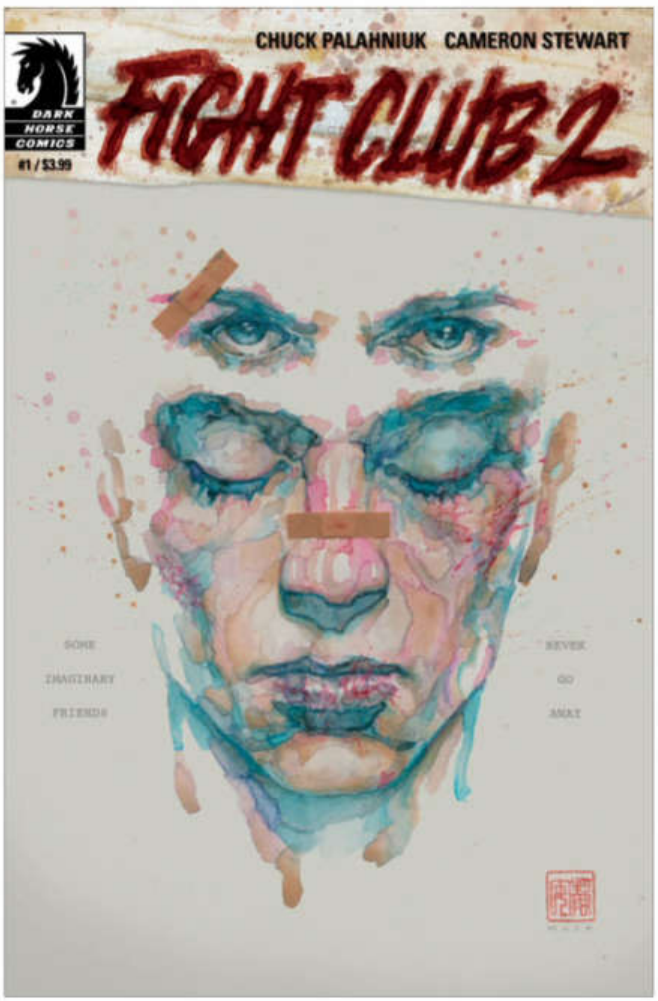
Vitamix

Talking points

BOOKS

Fight Club gets graphic

The book's original writer, Chuck Palahniuk, resurrects his iconic characters 15 years after the film's release, but in a way no-one expected – as a graphic novel.



Fight Club, the novel, was great, no doubt, as was the film it spawned. But after reading the incredible new graphic-novel sequel, one suspects the comic book might be the story's true home. What better than the graphic form to depict all the mind-bending mayhem of the story, full of dissociative personalities, blood and flying fists? Yet original writer Chuck Palahniuk took a while to say yes.

"I've been turning down the idea of doing a graphic novel for 14 years," says Palahniuk. "DC and Marvel came to me several times – I've just never felt confident taking time off to learn a new form." Finally, a writer friend asked Palahniuk to a dinner with comic-world friends and they managed to talk him into it.

In the first instalment of the sequel's 10-issue series, we meet the original story's unnamed narrator ("I am Joe's boiling point"), who now calls himself Sebastian. In the intervening years, we learn, Sebastian suffered "manic delusions" and landed in the loony bin. Now he's realised every midlife nightmare: he's a robotic suit, guzzling pills. Yet store clerks and bartenders with bruised faces still give him stuff for free. "No charge. Not for you, sir."

But Sebastian is no longer interested in risking pain for a little liberation. Instead, he returns to the horrifyingly quaint suburban house he shares with his now-wife Marla Singer. And home, because we're inside the mind of Chuck Palahniuk, is hell.

Interestingly, Palahniuk didn't immerse himself in the graphic-novel genre first. "I didn't read much because I didn't want to absorb, or accidentally use, someone else's style," he says. "I wanted to reinvent."

Reinvent he does: the feeling of split personalities is heightened by the awesome art. Frames switch back and forth between washed-out blues and greys for Sebastian's depression and more vibrant, sharply etched hues for Tyler's cameos and Sebastian's fantasies of escape – flaming riots, exploding heads and barking sex.

Get ready for the most exciting comic series since *Saga*. Tyler Durden lives, and he's pulling no punches.

–DAN SLATER

The awesome art frames Sebastian's fantasies of escape: flaming riots, exploding heads and barking sex.

Hit me

Author Chuck Palahniuk on hardcore workouts, anabolic steroids and the body that awed the world.

Where does the writer of *Fight Club* work out himself? Recently I moved from the 24-hour fitness gyms to one of those hardcore gyms with out-of-date bodybuilder posters on the wall. There's something so '80s about it – I feel really nostalgic being around that grunting energy again. I go four days a week when I'm not on tour.

You wrote an essay about your brief flirtation with Anadrol, an anabolic steroid. Which supplements are you trying these days? I haven't taken supplements in close to 15 years, probably since that essay. I'm lactose intolerant, so most protein supplements make me sick.

Is *Fight Club* the most physical book you've ever written? I try to have some kind of physicality in all the books. I fall back on violence or sex or illness or drugs, or an accident of some kind. *Invisible Monsters* uses surgery and drugs. *Choke* uses sexual compulsiveness.

When you were writing the original novel, did you see the "Brad Pitt *Fight Club* body" becoming a cultural phenomenon? I knew the character would be idealised, even though he made fun of idealised bodies. The irony was that, for the movie, Brad Pitt would be the one making fun of the idealisations, even while saying things like, "I look like you wanna look. I fuck like you wanna fuck." That was Tyler's character and Pitt became it.

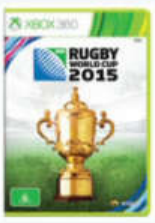


–D.S.

Fight Club: Everett Collection/20th Century Fox

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Can you do better than Michael Cheika? Select and coach your own Wallabies squad in *Rugby World Cup 2015*.



Quade Cooper and Kurtley Beale are (inconsistent) geniuses on the football field but maybe they need your guiding hand to help them reach their potential and bring home the Webb Ellis Cup.

The Wallabies campaign for world domination kicks off on September 23 against Fiji in Wales, and *MF* reckons the *Rugby World Cup 2015* video game is the next best thing to being there and directing the show.

Available on PS3, PS4, XBOX 360, XBOX ONE and PC platforms, *Rugby World Cup 2015* enables you to enter the coach's box and pilot your team from pool stage to final, controlling all aspects of the game, including scrums, lineouts, conversions and Michael Hooper's punishing tackles.

To lock in the realism, official playing kits, team anthems and World Cup stadia are part of the game, plus you can battle mates (up to four) for bragging rights.

Australia's actual playing group also includes rugby powerhouses England and Wales, but under your expert tutelage they'll be pushovers.



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Girl

TWO TRUTHS AND A LIE WITH

Charlotte McKinney

The next Brigitte Bardot has two left feet, flogs burgers and hates working out... or does she?

By Brittany Smith

Forget the considerable chest assets of celebs such as Kate Upton and Kim Kardashian for just a second and feast your eyes on Charlotte McKinney, because you'll be hearing a lot more about this self-confessed "curvier bombshell with boobs" in the coming months.

In the U S of A she shot to fame earlier this year with her appearance in a burger-chain ad which ran during the Super Bowl and showcased her jaw-dropping body.

Just 22, she says she's inspired by sex symbols of bygone eras: "I'd always tell my mum, 'I want to be famous like Claudia Schiffer or Brigitte Bardot." Like Schiffer, she's starred in Guess jeans campaigns and is signed with world-class modelling agency Wilhelmina.

Recently, her fame landed her a spot on US *Dancing with the Stars*, where her chest had to be taped down for rehearsals. (The jive is a lively dance.) She has also scored a role in *Joe Dirt 2: Beautiful Loser*.

Her main hobby, it seems, is basically, well, staying hot. "I'm really into fitness," she says, "so my hobbies are yoga, Pilates and working out."

Gotta love a pretty girl with ambition.

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Grappler's delight

She's a beauty on stage and a beast on the mat. Ex-Miss United States Whitney Miller tells *MF* why she gave up pageants for the rough and tumble of Brazilian jiu jitsu.

NOT MANY WOMEN GO FROM TIARAS to takedowns, but just two years after being crowned Miss United States 2012, Whitney Miller competed in her first Brazilian jiu jitsu (BJJ) tournament. Miller took away a gold and silver medal (for no-gi and gi disciplines, respectively), was instantly hooked and began training with some of the world's best combat sports competitors to work towards a world championship.

You've been a TV presenter, beauty pageant competitor and professional wake surfer. What led you to start doing BJJ?
I'm always looking to challenge myself. One night, I was watching the UFC, thinking it would be fun to do, but I didn't really want to get hit in the face, so I decided to get into the ground game. I went to classes, but for the first two months I hated it. It was just so difficult physically and emotionally, but it slowly got a little easier and I started getting addicted to the tactical aspect of it. BJJ is a mental game as much as a physical one, and I love playing a kind of live-action game of chess with my opponent.

What exactly did you hate about it?
It hurt. Getting thrown down is no fun at all and I was training with a bunch of guys and maybe one or two other girls in the class. I was getting wrecked every day, either choked out or arm-barred and as well as being painful, it was so frustrating. Now, I am better at controlling my emotions and not getting so annoyed when I get beat.

We take it no-one was going easy on you at first then...
No, not at all. I mean, come on – it was Miss United States, so they all wanted to knock her around a little bit, for real.

You've grappled with UFC featherweight Cub Swanson. Who are you training with now?
Cub and I are both sponsored by Onnit so we still train together sometimes. A lot of athletes come through our training centre and I've been lucky enough to practise with a variety of people, including [UFC middleweights] Andrew Craig, Tim Kennedy, [UFC bantamweight champion] TJ Dillashaw and [UFC commentator] Joe Rogan. They're all awesome, alpha-male-style guys, so it's always incredible whenever I manage to come out on top.

Of all the people you've trained with, who left you feeling the most destroyed?
It was actually the girls. [Invicta MMA champion and new UFC signing] Michelle Waterson stayed with me for a week or two. We're about the same size, although she's way better skill-wise and also super-strong, but she was a bit rusty on her BJJ at the time so I thought we would be evenly matched. I got the upper hand a few times, but after hours of going at it I was shot. I kept crying and was even swearing off BJJ.

When you're feeling like that, what makes you pick yourself up again?
The challenge. And a lot of people look towards me as an inspiration. People are like, "If she can do it, then I can, too," and that doesn't even have to apply just to BJJ. I get inspirational messages from my followers that pump me up and make me think, "Screw this. I'm going to go back out there and do better."

What's scarier, walking out at a beauty pageant or fighting BJJ?
There's no comparison – fighting BJJ, 100%. Walking up on stage in a pretty dress and throwing on a smile is real easy. Standing face to face with somebody who could seriously injure you is not. Every fight could end with me getting choked out or having a limb broken. It's terrifying, but what makes it so rewarding is the only person who can stop that happening is me. ■

Move like Miller

Do the unconventional exercises Miller uses to get in fighting shape one after another, with a two-minute break between moves.



BATTLE ROPE HIP TOSS
Sets 3 Reps 15 each side Rest 1min

■ "I use battle ropes to help build the power I need to throw people," says Miller. "Hold one in each hand and pivot from your hips, slamming the rope down as hard as you can."



KETTLEBELL WINDMILL
Sets 3 Reps 10 each side Rest 1min

■ "This hits stabilising muscles that help you stay on your feet. Hold a kettlebell up in one hand and point the foot of your opposite leg out. Slowly lean down then stand up again, running your free hand along your leg."



MACEBELL 360
Sets 2 Reps 10 each direction Rest 1min

■ "Hold it up in front of you and then swing it around behind your head and back to the start."

Words Max Anderton Illustrations Sudden Impact Photography Maria Bernal



"I love BJJ because it's like playing a live-action game of chess with my opponent."

Learn It!

by Mario Armstrong



Clean up (online) and get a job

Applying for a great new job? Employers and HR folks will look you up online. So make sure your web persona is squeaky clean and polished – and win the battle to get hired.

Drunken party pics on your Facebook page. Idiotic tweets. A half-arsed LinkedIn profile you asked your nephew to put together between bar gigs. A night in the slammer for letting a goat loose in the gym on muck-up day. None of these look good to prospective bosses – and, trust me, they will look you up online. Believe it or not, 75% of recruiters are required (required!) to research a prospect on the web; what's more, 70% of employers have nixed recruits based on what they've found there, a survey by cyber-reputation management company Reppler found. To stand out from the crowd – in only the best ways – and get the job you want, here's how to dress up and clean up the online you.

Firsts first: Look great on LinkedIn

No two ways about it: LinkedIn profiles have replaced the traditional résumé. Last year, 93% of recruiters said they check social profiles before making a hiring decision, according to a survey by online HR resource Jobvite. The site they used the most? LinkedIn, to check candidates' experience and skills as well as less-tangible metrics like how well they write or whether they'll be a good fit for the company.

So to really shine, you need to make your LI page as strong as possible, with an impressive summary of your experience, a flattering, appropriate photo and detailed descriptions of at least your past two positions.

But you'll need to go way beyond the obvious stuff. To wit:

- In your headline and job history, embed the most industry keywords you can – LinkedIn filters its searches so profiles with the most relevant terms jump to the top. For instance, for a headline: "Fundraising consultant who helps major nonprofits raise more money. Clients include the Red Cross" (from an LI post by recruiter Pete Liebman). Throw in keywords relevant to your industry into your job history (like "SEO" for web search).
- Create a vanity URL for your profile, so instead of *linkedin.com/in/172177*, you're *linkedin.com/in/marioarmstrong*. This puts your profile higher in Google's search results.



(The Help Centre has how-tos.)

■ Add enticing extras – like multimedia content – to your profile. If you're a designer, say, turn your page into a portfolio highlighting your best work by uploading JPEG files into your profile.

■ Get endorsements! Nothing makes your profile pop more than getting folks you've worked with to sing your praises.

■ Join LinkedIn discussion groups and participate to grab members' attention – one could be looking for talent.

■ Sign up for LinkedIn Premium, starting at $30 a month, which gives you killer advantages such as the ability to contact industry higher-ups or contacts who could give you a hand, so you can get advice or ask to grab a cup of coffee and talk about the field. (Free LinkedIn users can send InMail direct messages only to people they're connected to.) Premium also lets you create "Relationship" tabs when you view a profile, so you can make notes, set reminders to reach out and build a tag system to organise present and future connections.

Put on your best (public) face

Unless you're stuck with a super-generic name like Tom Smith (in which case, skip this part because they'll never find you), take the time to brand your online image.

First, attach a face to the name. Just like the first picture on your Tinder profile, your social media photo will shape first impressions of you, so choose carefully. Get a good shot of yourself dressed correctly for your profession – how formal you go depends on the culture you want to be part of. For finance, it's a suit; for gigs in media or start-ups, something more casual (but not ridiculously so) will be just fine.

On that note: companies want happy employees, so smile – at least a little. In a study by neuroscientist Dr Andrew Newberg, in which subjects rated the emotional content of symbols they were shown, the one rated highest in positive emotional content was the smiley face.

Survey says...! Clean up your act

Once you have a great pic, use it to update your profile image all across the web–WordPress, Blogger, every account tied to your name – to make sure employers see the best you in their search results.

Now for your posts. Jobvite's survey unearthed some other employer-related nuggets. The good news: candidates who posted about doing volunteer work or donating to charity were more likely to be considered for a job, so talk up your good deeds on social. And more than 60% of hirers didn't care about political posts, so you're probably cool there. (Though 17% did mind them, so if you're dumb enought to have posted pics waving a Nazi flag, heads up.)

Profanity, poor spelling, grammar and mentions of drugs, sex, guns and alcohol all made a hire less likely. So spell-check all your social profiles and bios and edit them line by line for typos. (Reading through them backward is also a guaranteed glitch-catcher.) For questionable subject matter, though, you may have to take more drastic action. Like deletion.

Trash those old tweets

In the US, Ethan Czahor was current presidential candidate Jeb Bush's chief technology officer, but the 31-year-old's career came crashing down when reporters unearthed a cache of homophobic and sexist tweets from as far back as '09. Oops.

With HR departments getting more and more tech savvy, the same thing could happen to you, so cleaning is in order. Instead of relying on Twitter's own dodgy web-search feature to find your embarrassing tweets, I'd vote for declaring old-tweet bankruptcy and doing a one-shot deletion of all tweets older than, say, a few months. Sites like TweetDelete can also help you do it in just a few clicks.

Tame your Facebook

You know by now that all the crazy university party photos need to go, so I won't bore you with the basics of sanitising your profile. But a few great tips can keep prying HR eyes from seeing your FB blunders.

To start, bolt the doors: only friends should be able to see your page, so adjust "who can see my posts" in the privacy settings. You can even turn off the "let search engines link to your timeline" option so that you're harder to find in the first place.

Finally, if an employer tries to friend you or asks for your FB username and password, I suggest you ignore the request (if it's online) or politely say no.

Bottom line: sure, saying no could lose you the gig, but do you want to work for a joint that goes to that level of Big Brother?

Beautify your own site

If you want employers to see you in positive Google results when they search your name, get yourself to the top of the rankings by creating a strong web presence.

First, buy your own name as a domain name. Namecheap (*namecheap.com*) gives you a dot-com in your name, plus a free year of WhoisGuard to keep your email address and phone number offline.

Next, build the site. This doesn't have to be painful – with tools like Squarespace and Wix, you can whip up a good one in a few hours. Unless you have a huge portfolio or client list, go simple: include a strong headline saying who you are/what you do, a bio highlighting your experience/accomplishments, and a few of your best work samples. Or, simpler, create just a landing page – I like Flavours (*flavours.me*) – with basic info and social links.

Last of all, put the URL into your "website" on LinkedIn and at the bottom of your Twitter bio to speed it into Google's algorithms.

Erase a negative rep

If a drunken mistake made it into the papers or an evil ex is trying to tarnish your good name – all of which could pop up in a Google search – you'll need to bring out the really big guns. Namely, online-reputation management.

Reputation.com is the industry leader; its top service, ReputationDefender, which starts at more than $4,000, will create several sites and dozens of posts to highlight your positives and banish the dirty laundry to Google's back pages. It's not cheap by any measure, but it's definitely worth it if you've got that amount of image-smearing dirt and mud to clean up. ■

Prop styling by Angela Campos/Stockland Martel


SPALDING
LDING

By Karl Taro Greenfeld

Photographs by Ben Watts

The player

Mark Wahlberg is the ultimate pro – whether he's carrying an Oscar-winning film, producing the best shows on TV or simply making us laugh our arses off. See *Ted 2*. But as the father of two comes to terms with his past and considers his future, he reveals his most personal mission yet: his own redemption.

A boxy figure in a blue suit, collared shirt and no tie emerges backlit from smoke and shadow. He walks towards you, hands in pockets, fabric draping in symmetrical billows, his gait even, steps steady and pauses, yellow light now hitting him full in the face. Mark Wahlberg nods once, then blinks and asks, "How was that? Again?" He turns, walks back into the shadow and smoke, stands there, waits.

He's here on a Hollywood soundstage, filming a promotion for the Mayweather-Pacquiao fight. For pay-per-view watchers – in other words, all of us except the precious few who could afford the many thousands of dollars it cost to be in the MGM Grand Garden Arena that night in May – the first thing we saw before the big fight, after the preliminaries, before the ring walks and the cameras panning to the celebrities in the audience, was Mark Wahlberg walking out of the smoke and shadow, his familiar drawn, beseeching, hungry face staring at us and uttering with action-hero solemnity a kind of beat poem for the pugilistic set: "A rivalry, deeper than competition, so personal it transcends sports, it speaks to the very core of human nature."

He goes on in this macho cadence for more than 30 seconds. It's no easy task to stand there and spout this steroidal copywriting, but Wahlberg does it with aplomb, never wavering, in two quick takes. Like after a hard left and a hard right, this promo is down for the count.

The lights come up and a few dozen camera, sound, light people, and a half-dozen guys in suits seated in armchairs, a phone in each hand, can finally stand up and stretch, talk full-throatedly into their phones. Wahlberg is a pro. He got here on time. He filled out his suit like a panther does his fur. And then nailed his lines. You can't say the same for the other guy slated to do the promo, Sean "Diddy" Combs, who, as of Wahlberg's nailed take, was already an hour late.

WHEN WAHLBERG EMERGES FROM his dressing room a few minutes later, he's wearing a Travis Mathew golf shirt, white with a grey horizontal stripe, Timex digital watch and what can only be called grey leisure pants. He was up at 4:45am, hit his knees in his prayer room, resting on a small church bench his wife bought him for his birthday, bowing before a Frederick Hart black sculpted cross, head bowed, lips moving earnestly, a daily reflection, a few devotionals sent to him by a friend, a couple of psalms every morning. This has been his routine for the past 15 years: hit the knees every morning and focus, he says, on what's right and what matters. "It keeps my head on straight."

Then it's 27 holes at Moorpark Country Club – he's a member of the Riviera Country Club in Pacific Palisades, but his mate is the manager at Moorpark. He tees off at 6:30am, plays the first 18, has a breakfast of Ezekiel (sprouted grain) bread and almond butter, and then goes out for nine more. "I'm hitting 'em pretty good right now. I've been home three months since my last movie. I have a little range there, so I've been practising."

He's been into the game since he first moved to Los Angeles in the early '90s and Johnny "Drama" Alves and Ari Emanuel, who would become the models for their pseudonymous characters on *Entourage*

Styling by Samantha McMi en/The Wa Group: Hair by Johnny V/Tracey Matting v: Makeup by Howard Berger using Laura Mercier and Make Up For Ever



“I’ll have my older brother in a headlock and my mother will be like, ‘What are you doing?’ ”

– both the television show and the feature film that came out in June – convinced him to give the game a try and he literally could not hit the ball, the ultimate frustration for the hypercompetitive Wahlberg. The youngest of nine siblings, he's used to scrapping with his bigger brothers. He was a hard-driving point guard as a kid in the Boston Neighborhood Basketball League and a fleet wide receiver in neighbourhood football games. To this day, gatherings of the Wahlberg siblings are as likely to turn into wrestling matches and punch-ups as they are sit-down dinners. "We'll be at my mother's house and I'll have my older brother in a headlock and my mother will be like, 'What are you doing?'"

So Wahlberg swinging and missing during his first round on the links meant there was no way he was quitting golf until he could whack it a cool 220m off the tee – which he now routinely does as easily as he nails a simple line in a TV promo.

After filming, he sits in the canteen down the hill from the soundstage, leans over a plate of turkey meatloaf, mashed potatoes and broccoli, and waits on Diddy to show up. In person, Wahlberg's most noticeable features are his arms – heavy-gauge guns that seem to double his width as he walks. His hair is a brown up-and-back quiff, his face Cagney rough. His skin has a weathered quality; maybe it's from all the dawn-patrol golf, or maybe it's from his hard-won experience.

IT'S HARD TO BELIEVE, BUT MARK Wahlberg, 44, has been in the public eye for a quarter of a century, as long as Clooney, Pitt, even Jim Carrey. Of course, for the first half-decade of that, he was notorious for producing infantilised hip-hop as Marky Mark of the Funky Bunch and dropping his jeans to show off his Calvin Klein underwear. Of all the leading men in Hollywood, none had a more inauspicious start than Mark Wahlberg, not just the daks-dropping bad-boy persona he had to overcome, but the actual criminal past that still haunts him.

Those mornings kneeling in prayer? Wahlberg is also praying to God to make him the father he wants to be. He has four children, the oldest 11 and the youngest just 5 years, with model wife Rhea Durham and he believes one of his greatest challenges is raising his kids the right way. "I grew up with nothing. In America, in one generation you can turn that around. But our biggest worry is that we raise these spoilt, privileged kids. My son has a dirt bike; I never had a dirt bike. My son goes to a private school; I always wanted to go to a private school. It just wasn't in the cards for me." In short, nothing prepared Wahlberg to be the father of rich children.

To that end, he's made it a personal crusade to try to parent by example by repairing the havoc he wreaked in his own childhood, as if by cleaning up the wreckage of his past he can appear before his own children somehow cleansed, a father more worthy of emulating. "Drugs, gangs, jail, dropping out of school, everything," says Wahlberg, who describes himself as the "poster child of what not to do". He says it was when he spent 45 days in Suffolk County's Deer Island House of Correction after pleading guilty to assault charges when he was 16 that he realised he had to change. "Being incarcerated, I thought, 'This is what my life is? No, I don't want this. I'll do everything I can to turn it around.' "

It's remarkable now to watch his 30-second Calvin Klein spots, that Funky Bunch "Good Vibrations" video, and realise that emerging there was an Oscar-nominated actor, a producer of a half-dozen television shows, a purveyor of at least that many products and brands – imagine Justin Bieber becoming one of the most bankable and successful stars and entrepreneurs in Hollywood. And Wahlberg will tell you that none of the challenges on his path to stardom compare to those of fatherhood.

In fact, it was fatherhood, he says, that first drove his transformation from the brash young kid flashing tighty whities to showbiz mogul more than 10 years ago and forced him to reconsider what it means to be a man. That meant owning up to his past and admitting his mistakes and acknowledging that yes, he'd been a delinquent and a punk. He hates it, but there it is, the reality. He's spent the past few years going through the gruelling process of having his old tattoos removed, a literal stripping away of his past as he attempts to build a closer, more intimate relationship with God.

(He says he's Catholic but doesn't agree with the church on abortion and gay marriage because he refuses to tell anyone who to love or how to live.)

Another part of reconciling his past has meant seeking out victims of his worst crimes – including the Vietnamese man he punched in the eye in 1988 – and asking for forgiveness. For years, he thought he'd caused Johnny Trinh to lose vision in one eye. "I apologised personally and also found out that I didn't cause all the injuries I was led to believe I did." Last year, he also petitioned the governor of Massachusetts to pardon him, a request he now regrets due to the attention it received.

"It was something I was advised to do. Looking back, I don't think it was the best idea. For me, the most important thing is being forgiven by the person who was really hurt. I've been able to accomplish something by turning my life around and doing the right thing, and that's telling my kids, 'Hey, you know Dad made a lot of mistakes and this is what happened. These are the consequences I had to face.' "



Fatherhood drove the transformation from brash young kid to showbiz mogul.

MARK WAHLBERG'S MANNER IN person is unfailingly polite, earnest, with a willingness to engage almost any question, yet he maintains an air of bored resignation about rehashing, yet again, his career, his triumphs and his regrets. He has a surprisingly soft voice, not always audible on recordings, but it can rise to a bark almost immediately, like when he sees some of Diddy's posse across the canteen and shouts, "Where is he? He was supposed to be here at 1:45!"

Wahlberg has steadily expanded his range as an actor since his virtuosic turn in *Boogie Nights*, when everyone's first reaction was, "Holy shit, Marky Mark can act!" and their second was, "Is that thing real?" (No, it was a prosthetic. And Wahlberg has it somewhere in storage.) He has, from the start, turned in smart, surprising performances that belie any notion he was ever headed for hunky action herodom – we expected *Planet of the Apes* and *Transformers*, but how about *Three Kings*, *The Perfect Storm*, *I Heart Huckabees*, *Pain & Gain* and his Oscar-nominated roles in *The Departed* and *The Fighter*? He's proven as capable

of physical transformations as his *Fighter* co-star Christian Bale, establishing his thespian bona fides by gaining and losing dozens of kilos on demand, a process he admits is gruelling and is becoming more difficult the older he gets. (He's bulking up again for next year's *Deepwater Horizon*, about the 2010 oil-rig explosion.)

But now, add to his repertoire a budding and surprisingly nimble gift for comedy and suddenly, 25 years into his career, he may well have become one of the most versatile actors of his generation. It's one thing to star opposite Will Ferrell in the buddy-cop flick *The Other Guys*, in 2010, and the upcoming comedy *Daddy's Home* – but to play opposite a stuffed bear, as he did in 2012's *Ted* and reprises in the recent *Ted 2*, is something else altogether, a level of comedy Wahlberg himself admits he couldn't have pulled off 20 or even 10 years ago because, he says, he would have lacked the confidence to act with a teddy bear. "You have to really be committed or the audience won't buy it."

He sips from a smoothie, rolls his shoulders, does a neck-cracking stretch.

"I was reluctant to even read the script [for *Ted*] because it's about a teddy bear coming to life. How do you pitch that? But I read it, liked it, met [writer-director] Seth [MacFarlane], fell in love with him. So I tried to pitch it to my wife, see if she liked it. We were on our way to the Oscars for *The Fighter*, so I was telling her about this talking teddy bear and she's like, 'You are a fucking idiot.' "

She had a point. You don't see Clooney or Pitt doing teddy bear movies, and maybe there's a reason for that – it can get pretty embarrassing. He points to the scene in the first movie when he and Ted are fighting in a hotel room, which, on the set, meant Wahlberg wrestling around with a stick where the bear would be CGI'd in later. "I'm rolling around with a stick. And you have crew members sitting around, eating peanuts. Seth is like, 'Here he is choking you, hitting you in the face. OK, he's going to come in here and jump there, choking you, hitting you back.' I was like, 'This is ridiculous.' "

With a shudder, he then recalls a huge dance number at a wedding in *Ted 2*. "I'm on stage in front of 500 extras in Boston at seven in the morning and I'm pretending to dance with someone who isn't even there." He pauses, then nods, all business. "Here's the thing: you have to totally believe. I mean, I watched the second one and I believe the bear is real."

Word comes that Diddy has at last made it to the set. Wahlberg stands, does that little stretch again, and walks out of the canteen, through the parking lot, past his Toyota Sienna minivan, and up to Diddy's dressing room, where he busts his balls about making him wait.



Wahlberg the comedian (from left): The Other Guys *(2010) and* Ted *(2012).*

IT'S WAHLBERG WHO'S A FEW minutes late to breakfast at a hotel in Beverly Hills a week later. He's dressed in a red T-shirt that reads, "Today I can do anything," with a rosary underneath it, black jeans and tan construction boots. He's carrying a bottle of AQUAhydrate, his post-workout water brand sold in California supermarkets. He extends a hand, does a quick, light shake, explaining that there's been some ligament damage to his hands over the years but that his doctor says he can avoid surgery if he rests it. Also, yesterday was a brutal day of touch football with his older brother Tony and his kids, an afternoon of good, clean Wahlberg-on-Wahlberg violence that ended, as all interfamily competitions must, with plenty of wrestling and rolling on the ground. "I feel like I've been hit by a car," he says. He studies the menu, notices a juice ingredient he's not familiar with and says it aloud to himself, "Kamut. Kamut."

Wahlberg's business ventures range from his water to his Wahlburgers restaurant chain, which he runs with his brothers and, in 2016, will be expanding from its current two locations to 28. He's also launched branded lines of nutritional supplements, modelled after GNC LiveWell.

His role model, among actor-entrepreneurs, is Paul Newman; but not even Newman did what Wahlberg has in terms of producing hit TV series. Since developing and launching *Entourage* in 2004, Wahlberg has become a regular supplier to HBO, executive-producing *In Treatment*, *How to Make It in America*, *Boardwalk Empire* and the yet-to-be-seen-in-Australia *Ballers*. His involvement ranges from active development, note giving and writer meetings, as with TV's *Entourage*, to the more removed role he took with *Boardwalk Empire*, where he felt the show was in very good hands with Martin Scorsese and *The Sopranos* exec producer Terence Winter at the helm.

At this point in his life, Wahlberg knows his priorities and has learnt he needs to hold on tightly when necessary but also to let some projects find their own way. He didn't become a man, he says, until he brought his children into the world, and that responsibility for those lives extends outward: Mark Wahlberg at the centre of a great continuum, righting his past and trying to do right in the present.

So Mark Wahlberg shows up on time. He hits his mark. He does his damn job. Because that's what a father does. He saw it in his dad, a union official and truck driver working two jobs to put meals on the table for nine kids. And he saw firsthand that as a father, you never give up. You set an example. And you own it, every mistake, every triumph.

He has talked about leaving acting before to focus on business ventures and producing. "I've said a lot of things in the past and I start to feel differently the next day, the next year. Acting is my first love."

Because that kid, in those Calvin Klein commercials, in those music videos, that's what he was doing: he was acting. We didn't know it. In fact, he didn't even know it at the time. But he was learning how to be somebody, how to play a role. And while he regrets some of his past – the violence, the fighting, the prison time – he doesn't ever forget a thing.

"What's Kamut?" he asks the waiter. It's a superfood, some kind of grain. Wahlberg nods. Good to know. He won't forget. ■

Fox Searchlight Pictures/Neal Peters Collection; Columbia Pictures/Neal Peters Collection; Universal/Neal Peters Collection

the new breed

A fresh wave of super-fit athletes are redefining the image and intensity of traditional sports with innovative training ideas and dedication to strength and athleticism. We pick ten stars of the new generation – and reveal what you can learn from their physical evolution.

BY MARK BAILEY

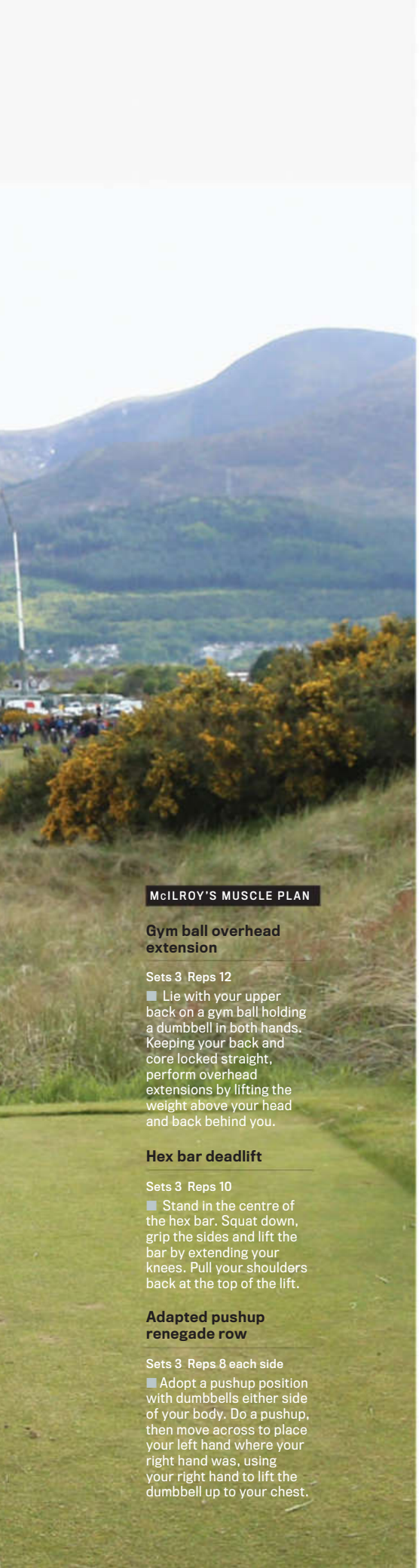


The superstar swinger

RORY McILROY

Some pro golfers look like dressed-down real-estate agents with their patchy tans and paunches, but Northern Irish superstar Rory McIlroy has muscled his way to the world number one spot with gym routines that have added 9kg of muscle to his frame and shaken up his sport. By packing on strength in three key areas – his lower legs, arms and core – the 26-year-old has added distance to his shots. Tee up your own transformation with McIlroy's world-beating moves.

Getty



McILROY'S MUSCLE PLAN

Gym ball overhead extension

Sets 3 Reps 12

Lie with your upper back on a gym ball holding a dumbbell in both hands. Keeping your back and core locked straight, perform overhead extensions by lifting the weight above your head and back behind you.

Hex bar deadlift

Sets 3 Reps 10

Stand in the centre of the hex bar. Squat down, grip the sides and lift the bar by extending your knees. Pull your shoulders back at the top of the lift.

Adapted pushup renegade row

Sets 3 Reps 8 each side

Adopt a pushup position with dumbbells either side of your body. Do a pushup, then move across to place your left hand where your right hand was, using your right hand to lift the dumbbell up to your chest.



The stamina king

PETER KENNAUGH

Team Sky cyclist Peter Kennaugh from the Isle of Man is one of the world's best road racers. He builds high-end fitness with "spiked" over-and-under threshold efforts. The 26-year-old's secret is to hit a high but sustainable threshold pace, then blast past it for a few minutes before returning just below sub-threshold. To find your threshold, do an all-out run or cycle for 20 minutes, check your average heartrate, then subtract 5% to get the threshold you should be able to sustain for an hour. Now hammer out a 60-minute run or ride at that pace, but add in one-minute intervals over and under your threshold intensity.

Hit a high but sustainable threshold pace then blast past it for a few minutes before returning to below sub-threshold.

The all-rounder



RORY MACDONALD

At 26, Canadian Rory MacDonald embodies the new generation of UFC fighters who grew up with mixed martial arts instead of adapting from traditional styles. "The key is to always be changing," MacDonald says. "You have to get creative or you won't get much stronger or faster." As well as boxing, jiu jitsu, kickboxing and wrestling, he does sled pushes, thrusters, box jumps and supersets of chinups and medicine ball slams. He also cranks up his cardio using resistance paddles in the pool and a stationary bike so he never runs out of steam – or ideas.

The powerhouse

MICHAEL HOOPER

The 23-year-old Wallabies openside flanker and sometime skipper is an integral part of coach Michael Cheika's World Cup plans. His exercise regime focuses on single-leg movements because rugby players are often off-balance when tackling or breaking defensive lines. "Being strong and stable on one leg is important, so single-leg bounds and pistol squats are very useful for building power," he says. To increase explosivity, Hooper recommends a session of box jumps. He is also a big fan of terabands for stretching shoulders and tight areas of the body.



The speed demon



KEVIN JAN MAGNUSSEN

As McLaren's 2015 test driver, 22-year-old Danish Formula One prodigy Kevin Jan Magnussen is benefiting from cutting-edge training routines. "Cardio training is important but it slows down the nervous system so drivers do endurance, agility and speed work too," says McLaren trainer Clayton Green. Magnussen's training includes speed ladder sprints, medicine ball slams and high-tech reaction wall drills. Do the same without the tech using a SKLZ reaction ball (*global.sklz.com*).

The groundbreaker

MAX WHITLOCK

With two Olympic bronze medals, 22-year-old British gymnast Max Whitlock is a gun with a huge future. His training focuses on traditional gymnastic bodyweight drills but he also harnesses vibrating PowerPlate routines to build agility and proprioception (the body's sixth sense, which co-ordinates spatial awareness and limb movements). "The vibrations strengthen the accessory muscles around the main muscles so it's good for balance," Whitlock says. He also performs targeted weight-training drills to galvanise his body for landings, saying, "Weights help strengthen my ankles and core."

GET RIPPED LIKE WHITLOCK

Weighted Russian twist

Sets 3 Reps 8 each side

- Lie on a bench with a weight plate in your hands. Tuck your knees up so your feet are off the bench and slowly manoeuvre the plate from side to side.

PowerPlate single-leg Romanian deadlift

Sets 3 Time 30sec. each side

- Stand on your right leg on a PowerPlate. Bend at the waist, keeping your left leg straight, and bring your arms over your head so your body is parallel to the floor.

Dumbbell heel raise

Sets 3 Reps 12

- Stand holding a dumbbell in each hand with the front half of your foot on a raised platform. Slowly raise and lower your heels over the edge.

SLOG LIKE SMITH

For size...
PUSHUPS

- Smash two sets of 50 per session, as Smith does, to build a bigger chest and shoulders. To further broaden your upper body, try wide-arm pushups or place your feet on a chair.

For leg strength...
SINGLE-LEG SQUATS

- Three sets of ten on to a box, plus 20 times three single-leg pushes on a reformer. This workout helps Smith press forward on his feet, enabling him to transfer power to his arms and hit through the ball.

For core power...
WOODSPLITTERS

- Pull a cable from right to left (and back) 45 degrees across the body like you're splitting wood. Great for powering up obliques and clubbing Smith-style sixes.



The destroyer

STEVE SMITH

The Australian Test and ODI captain is only 176cm and 80kg, so he needs all the force he can muster to smash Pommy bowlers to the boundary. "My legs are everything," he says. They allow him to get into position quickly and transfer his weight through the bat. Single-leg squats and reformer work [see box] are key to pumping up his legs and glutes while cable-pulling "woodsplitters" ensure his mid-section is a powerhouse. A fidgeter at the crease, Smith, 26, has a mantra: "clear mind", he recites before every ball is bowled to sharpen his focus.

Getty



PowerPlate routines build agility and proprioception, the body's sixth sense.

The strike weapon



BRETT STEWART

Stewart, 30, is a danger to opposition defences no matter where he roams the field for the Sea Eagles. But when he entered the NRL, the speedy fullback weighed only 83kg. He is now a tackle-busting 92kg. A specially tailored workout helped him stack on lean muscle: 12 chinups, 15 dips and eight bench-press done eight times. "It's a great chest and shoulders builder," Stewart says. A diabetic, the Manly ace lives by this hardcore credo: "Tough times don't last but tough people do."

The freestyler



JAMES WOODS

At the 2013 freestyle ski world championships, Brit James Woods surprised the established snowsports nations with a silver medal aged just 21. Woods uses smart nutrition plans to maintain his agile 67kg frame. "Winter-sports athletes travel a lot so they need an action plan for snacks," says ski and snowboard nutritionist Dr Graeme Close, who recommends protein-dense snacks such as nuts with Greek yoghurt, tuna salad mixed with basmati rice and turkey and avocado wholegrain wraps.

The heavyweight



ANTHONY JOSHUA

Joshua, the WBC international heavyweight champion, disregarded the standards and committed to achieving success on his own terms: no trash talk, no pre-fight publicity stunts and no ego blocking his path to new training methods. As well as speedball work, heavy bag sessions and Olympic lifts, the 25-year-old Brit hones his agility and balance with stretching and mobility drills inspired by Bikram yoga [below] – not part of a typical boxer's armoury.

JOSHUA'S FLEX DRILL



Warrior

Reps 3 Time 30sec

■ Lower into a deep lunge, with your rear foot pointed outwards at 90°. Raise your arms to the ceiling, stretching as high as you can.



Cobra

Reps 3 Time 30sec

■ Lie on your front with your palms against the floor. Push your body up, keeping your legs and hips on the ground, and tilt your chin upwards.



Four-limbed staff

Reps 3 Time 30sec

■ Start in a straight-arm plank then, keeping your arms by your sides, lower yourself until your body is below your elbow. Brace your core.

DAY 1
BACK AND TRAPS

Back in action:
For extra lat activation as you pull, focus on pulling your elbows down and back, rather than pulling your body up.

The rules

■ **BE SMOOTH**
Focus on a fluid motion for each repetition. Try to keep a loop going where you don't pause at the top or bottom of the exercise, but instead just flex the muscle that you're training.

■ **REMEMBER TO BREATHE**
Unless otherwise stated, aim to exhale as you lift the weight and inhale as you lower it.

■ **GO SLOW**
Just as breathing is important, so is the tempo (speed) of each repetition. Aim for a tempo of one to two seconds to lift and two to three seconds to lower, continuing to focus on the muscles you are training.

■ **CHALLENGE YOURSELF**
Select a weight that allows you to only just complete the first number of reps shown. For exercises that have descending sets, aim to increase the weight but only by small increments – 10–15%, say.



4 SINGLE-ARM DUMBBELL ROW

Sets 2 **Reps 12 each side**

Get into a tripod stance with your left hand and knee on a bench and your right leg wide. Hold a dumbbell in your right hand. With back straight and looking ahead, drive your right elbow up, pulling the dumbbell towards your hip. Lower under control. You should feel the right lat stretch before repeating the row. After 12 reps, rest for 30 secs then switch arms.

Words Joel Snape
Photography Joel Anderson

High tension

Sometimes, how you lift is more important than how much. Pro physique model Rob Riches explains how to use muscular tension for big results.

Feeling the tension? You should be. It's easy enough to rep out curls like Ron Burgundy, but for real results your body needs more attention. "Yes, overall resistance/weight is important," says professional fitness model Rob Riches, the creator of this plan. "But the emphasis you place on flexing the muscle as you lift is just as important. Creating tension throughout the range of motion of the exercise, especially when the muscle is fully contracted, will let you maximise your gains."

That means it's important to focus on each rep and think quality instead of quantity. "This workout gets results in four sessions a week," says Riches. "To make sure you're working the full spectrum of muscle fibres I have purposely included various exercises with higher repetitions than others. You'll limit the reliance on drop sets, negatives and forced reps, and instead focus on positive failure. This not only allows you to train alone without the need for a spotter, but it allows time for the muscle to grow and the ligaments and tendons to heal." In other words, focus on form and the results will follow.

Rob Riches is a pro fitness competitor, author and CEO of *TruePerformanceNutrition.com*.





1 CHINUP

Sets 4 Reps 10

Grasp a pullup bar or rings with your hands just wider than shoulder-width apart and your palms facing forward. Pull yourself up and attempt to bring your chin to the bar or level with your hands on the rings (getting your chin any higher will take away the muscular tension in your lats). Return to the start, keeping tension in your shoulders at the bottom of the move.





2 DEADLIFT

Sets 3 Reps 12, 10, 8

Stand with feet shoulder-width apart and shins touching the barbell. Push your hips back as you sit into a squat and grip the bar with an overhand grip, hands just wider than your stance. Keeping your back slightly arched, look forward and stand, pushing through your legs. As you reach standing, pull your shoulders back. Reverse the movement under control.





3 BENT-OVER ROW

Sets 3 Reps 12, 10, 8

Stand holding a barbell and push your hips back, keeping your knees soft and flexing forward at the waist. Keeping your body in this position, drive your elbows up as you bring the bar to your sternum. Squeeze your shoulder blades together at the top and lower the bar under control until your arms are extended and your lats stretched out. Do not let the bar touch the floor.





5 SEATED ROW

Sets 3 Reps 15

Sit upright with a resistance band around your feet, with a slight arch in your lower back and knees soft. Pull the band towards the sides of your torso, leading with the elbows. Squeeze your lats so your shoulder blades close towards each other, then extend your arms as you allow the band to shorten and round off your shoulders, but try not to lose tension in the band. Don't lean back when pulling the band in.





6 STANDING DUMBBELL SHRUG

Sets 3 Reps 15, 12, 10

Stand up straight with your shoulders back and your chest out. Hold a dumbbell in each hand with your arms hanging straight at your sides and shrug your shoulders up towards your ears without bending your elbows. This exercise is strictly an up-and-down movement – don't rotate your shoulders as you shrug.





7 UPRIGHT ROW

Sets 3 Reps 12

Stand holding a barbell with hands just narrower than shoulder width. Pull your shoulders back and pull the bar up to your chin, leading with your elbows and keeping them in alignment with the bar as you look forward. Flex your traps and delts at the top, then lower the bar down the front of your body under control until your arms are straight. Don't rock back and forth.



Quad damage: *Flexing your thigh muscles at the top of the split squat builds the VMO — otherwise known as the "teardrop" on the front of your leg.*




1 BACK SQUAT

Sets 3 Reps 12, 10, 8

Place the barbell across your back, resting it above your shoulder blades. Sit into a squat without pushing your knees forward – imagine sitting on a chair behind you. Lean forward slightly at the torso to balance the weight. Don't bounce the weight back up, but push through your legs as you stand. Keep your abs tensed as you lower and exhale as you return to the start, where you should squeeze your quads for one second.




2 DUMBBELL LEG EXTENSION

Sets 3 Reps 15

Sit with your hamstrings and glutes on a bench, knees bent and feet on the floor. Hold a dumbbell between your feet and straighten your legs to raise the dumbbell so that your calves are parallel to the floor. Squeeze your quads hard for one second, then lower the dumbbell without resting it on the floor. Hold on to the side of the bench and keep your torso upright.




3 BULGARIAN SPLIT SQUAT

Sets 3 Reps 12 each side

Stand with a bench behind you and a barbell on your upper back. Rest the top of one foot on the bench. Lower until your front thigh is parallel to the floor without your back knee touching the floor. Hold the stretch at the bottom, then push back up through your front leg, squeezing your quads at the top. Perform 12 reps, rest for 30 secs, then repeat on the other leg.




4 LYING HAMSTRING CURL

Sets 3 Reps 15

Lie facedown on a bench with your feet just off the edge. Grip a dumbbell between your feet and, holding on to the underside of the bench with your hands, raise it towards your glutes without lifting your thighs off the bench. Squeeze your hamstrings at the top, then lower the dumbbell slowly until your legs are fully extended.




5 HAMSTRING ROLL-OUT

Sets 2 Reps 15

This is tricky but very effective. Using heavy dumbbells, a barbell or a bench, kneel and place your heels underneath to secure your legs. Without flexing your torso, slowly lean forward from your knees until you feel your hamstrings pull and lengthen. Catch yourself on your hands and repeat the move.




6 SINGLE-LEG CALF RAISE

Sets 3 Reps 20 each side

Holding dumbbells, raise one foot off the floor. Then raise your other heel, squeezing your calf muscle at the top. Lower without letting your heel touch the floor. If you reach failure before 20 reps, do the remaining reps without weight. Perform 20 reps, rest for 30 secs and repeat on the other leg.




7 SEATED CALF RAISE

Sets 3 Reps 20

Sit on a bench with a weight plate across your knees. Push up on the balls of your feet to raise your heels as high as possible and squeeze your calves at the top of the movement. Then lower your heels without letting them touch the floor. Keep your toes pointing forward throughout but roll the ball of your foot slightly inwards for the second set and slightly outwards for the final set.

FUTURE TENSE

Before each workout, spend three to five minutes lightly warming up the muscles that will be trained. To do this, perform 20 reps of each of the first two exercises using very light weights.



DAY 3
CHEST AND SHOULDERS

Pecking order: *Flexing your pecs in the mirror isn't just vanity – it'll help you to switch on the muscle during training sessions. Practice makes perfect...*



1 INCLINE BARBELL CHEST PRESS

Sets 3 Reps 12, 10, 8

Set the bench at an incline (no higher than 45°) and hold a barbell with hands slightly wider than shoulder width above your upper chest, without locking out your elbows. Lower the bar towards your collarbone without allowing it to touch your chest. As you extend your arms to push the bar up again, squeeze your chest muscles. Don't lock out your elbows because this can remove tension from your chest muscles.



2 INCLINE DUMBBELL PRESS

Sets 3 Reps 15, 12, 10

Perform this in much the same way as the incline barbell chest press, except that you can lower the dumbbells to either side of your chest, allowing for a greater range of motion. Control the weights and squeeze your chest muscles as you push them up without locking out your elbows. Do not touch the weights together at the top because this will relieve the muscle of maximum tension.



3 BENCH PRESS

Sets 3 Reps 12, 10, 8

Grip the bar using an overhand grip with your thumbs wrapped around the bar, hands slightly wider than shoulder-width apart. Start with the bar directly over your chest with arms straight. Slowly lower the bar down to just above the centre of your chest, pausing before it touches your chest. Exhale and push the bar upwards as you squeeze your chest muscles, flexing hard at the top of each rep. Again, don't lock out your elbows.



4 BENCH DUMBBELL FLYE

Sets 3 Reps 15

Lie flat on a bench and hold two dumbbells over your chest, palms facing each other. Keeping a slight bend in your elbows, inhale and open your arms outwards, leading with the elbows. Pause when you feel a strong stretch in your chest. Exhale and squeeze your chest muscles to close your arms together again. Your elbows should not change angle, nor should the dumbbells touch at the top. This will keep maximum tension on the chest.



5 DUMBBELL PULL-OVER

Sets 2 Reps 12

Lie on a bench with feet flat on the floor. With your hands making a diamond shape, hold the underside of a dumbbell plate and extend your arms straight over your chest. With a slight bend in your elbows, inhale and lower the dumbbell behind your head, keeping your wrists fluid so the dumbbell remains vertical. Stop when you feel a stretch in your chest, then exhale as you slowly pull the weight back to the start while squeezing your chest muscles.



6 SEATED DUMBBELL OVERHEAD PRESS

Sets 3 Reps 12, 10, 8

Sit tall on an upright bench holding a dumbbell in each hand by your shoulders with your palms facing forward. Extend your arms above your head, then slowly lower to the start, keeping your elbows in alignment out to the sides. Squeeze your shoulders on the upward movement and flex your deltoids hard at the top. Don't touch the weights together at the top of the movement because this relieves tension at the shoulder.

PAST TENSE

After each workout, spend at least five minutes stretching the muscles worked. Hold each stretch for 20 seconds, easing into it and increasing the stretch within that time.



7A BENT-OVER DUMBBELL FLYE

Sets 3 Reps 12

Hold dumbbells in each hand at arm's length below your chest, with your palms facing and elbows slightly bent. Raise the dumbbells outwards (leading with your elbows) until your arms are parallel to the floor. Pause briefly at the top and squeeze your rear deltoids – the small muscles in the backs of your shoulders. Slowly lower the dumbbells back to the start position without bending your elbows or letting the weights touch at the bottom. Superset this move with 7B.



7B STANDING BARBELL FRONT RAISE

Sets 3 Reps 12

Hold a barbell with a shoulder-width, overhand grip. Standing straight up and looking forward, raise the bar forward until you arms are parallel to the floor. Pause and squeeze the muscles in the fronts of your shoulders. Slowly return to the start without bending your arms, stopping just before the bar touches your thighs. Don't bounce the weight up – select a weight you can comfortably raise and lower.



DAY 4
ARMS

Must tri harder: *The days of endless triceps extensions are over. Flex your tris at the low point of each curl to get more work done, faster.*



1 SEATED DUMBBELL CURL

Sets 3 Reps 12, 10, 8

Sit upright on a bench holding dumbbells at your sides with palms facing forward. Curl both dumbbells simultaneously up towards your shoulders, allowing your elbows to pull slightly forward at the top, and flex your biceps hard. Slowly lower the dumbbells back to your sides, but don't let them hang freely. There should be a slight bend at the elbow and tension still in the biceps.



2 BENT-OVER DUMBBELL CONCENTRATION CURL

Sets 3 Reps 12 each side

Get into a bent-over flye position but with only one dumbbell and the other hand on your knee. Curl the dumbbell up towards the opposite shoulder, keeping your upper arm vertical. Squeeze the biceps hard at the top, then lower under control until your arm is straight. Perform 12 reps, then rest for 30 secs and repeat with the other arm.



3 STANDING BARBELL CURL

Sets 3 Reps 12, 10, 8

Stand upright, holding a barbell with a shoulder-width underhand grip. Curl the barbell up towards your chest, allowing your elbows to pull forward slightly at the top. Don't allow the bar to touch your chest, but squeeze the biceps hard. Lower the bar slowly, stopping just before it touches your thighs so as to keep tension in the biceps.



4 SEATED TRICEPS EXTENSION

Sets 3 Reps 12, 10, 8 each side

Sit on a bench holding a dumbbell straight above you. Keeping your upper arm vertical, bend at the elbow to lower the dumbbell to just behind your head. You should feel a deep stretch in the back of your arm. Extend your elbow and squeeze your triceps to pull the dumbbell back up. Don't lock your elbow out at the top of the movement because this will reduce maximum tension in the triceps.



5 BENCH TRICEPS DIP

Sets 3 Reps 12

Position yourself in front of a bench so your hands are supporting you and your legs are straight. Bend your elbows to lower yourself until your upper arms are parallel to the floor. Squeeze your triceps to raise yourself again, straightening your arms but not locking out your elbows. Keep a slight bend in your knees. Make this harder by placing your heels on a second bench placed parallel to the first and by placing weights on your lap to increase resistance.



6 SINGLE-ARM DUMBBELL KICKBACK

Sets 2 Reps 12 each side

Stand in a split stance with your weight forward, one hand on your front knee for support. Hold a dumbbell with the other hand and bend your elbow to lift until your elbow is bent at 90°. Keeping your palm facing inwards, flex your elbow and raise the dumbbell behind you until it's level with your upper arm, all the time squeezing your triceps. Lower without moving your upper arm. Complete 12 reps, rest for 30 secs, then repeat with the other arm.



7A SEATED BARBELL WRIST CURL

Sets 3 Reps 15

Kneel with your forearms resting on a bench, palms facing upwards, holding a barbell just in front of the bench. Open your fingers so the bar rolls forward and your wrists fully extend until you feel a deep stretch in your forearms. Close your grip and flex the wrists to curl the bar up and towards you while you squeeze your forearms. Superset this move with 7B.



7B SINGLE-ARM REVERSE DUMBBELL WRIST CURL

Sets 3 Reps 15 each side

Sit on a bench with one forearm resting on it holding a dumbbell with palm facing down. Flex your wrist to curl the dumbbell up, pause and squeeze your forearm hard. Then extend your wrists all the way down, lowering the dumbbell as you feel a stretch in your forearm. Complete 15 reps, rest 30 secs then repeat with the other arm. ■

All it's cracked up to be

Is there any dish that isn't vastly improved by placing a perfectly cooked egg on top? Once you've tried these delicious, elegant recipes – each courtesy of a world-class chef – we think you'll have your answer.

BY WILL COCKRELL

The humble egg spends most of its time playing a small supporting role in our lives – an ingredient in the mayo we swipe on a sandwich, the loyal sidekick to our salad. Sometimes it's given the lead, but in mundane projects like plain old scrambled eggs. But ask the world's most talented chefs – like the four we feature on these pages – and they'll tell you that the egg is one of the true stars of the kitchen universe: so versatile and tasty that adding one atop pretty much any dish takes the meal from forgettable fare to memorable feast; and so healthy (it has a near-perfect protein/fat/calorie ratio and, we now know, doesn't wreak havoc with cholesterol) that the Heart Foundation says you can eat up to six eggs a week without increasing your risk of cardiovascular disease. So take these simple recipes (and our handy egg-buying, prepping and cooking tips) and start whipping up your own egg-crowned masterpieces. Time to get cracking!

PHOTOGRAPHS BY JAMES RANSOM



Can't beet that:
It wouldn't be an Aussie classic without the egg.

Works Burger (SEE PREVIOUS PAGE)

First things first: all you need to pull off the comfort-food staple that is an egg-topped burger is a great cut of beef and a bun that's not too sweet. Then grill or fry your burger and top it off with a fried egg and a funkier cheese than boring old cheddar.

"I think the gooeyness of Gruyère is a solid match for a runny yolk," says executive chef Ken Addington, whose spin on the milk bar classic that is the burger with "the lot" includes beetroot, pineapple, a fried egg and sweet chilli sauce. Addington likes his egg sunny-side up – the runnier the yolk, the better.

"As soon as the bun goes on, the yolk is all over the place," he says. "It's a fun mess."

Make it

SERVES 4

INGREDIENTS

- 2 cups seasoned rice wine vinegar
- 2 tbsp honey
- 1 tsp whole coriander seed
- 1 tsp whole black peppercorns
- 2 tbsp extra-virgin olive oil
- ½ tsp dry mustard
- 2 heaped tsp fresh ginger, peeled, thinly sliced
- 1 pineapple, peeled, cored and cut into four 1.5cm-thick rings
- 1 tbsp chilli sauce
- 4 tbsp mayonnaise
- zest and juice of 1 lime
- 1kg ground beef, preferably grass-fed, not too lean
- Coarse salt and freshly ground black pepper
- 4 tbsp (½ stick) unsalted butter
- 4 ciabatta buns
- 4 large eggs
- 4 slices pickled beetroot

DIRECTIONS

1) In a medium saucepan, combine vinegar, honey, coriander, peppercorns, olive oil, mustard and ginger. Bring to a boil and cook for 5 minutes.

2) In a bowl, pour mixture over the pineapple slices, cover with plastic wrap and refrigerate overnight. Combine chilli sauce, mayonnaise and lime zest and juice in a bowl; set aside.

3) Prepare medium-high grill or ridged grill pan. Remove pineapple from marinade and grill for 2 minutes per side.

4) Season beef with salt and pepper and form into 4 burgers. Grill the burgers (only cover if using a gas grill), turning once. Cook about six minutes for medium-rare.

5) Melt 2 tbsp of butter. Lightly brush cut side of buns with it and grill for 1 or 2 minutes. Spread chilli mayo on the grilled buns.

6) In a nonstick pan, melt 2 tbsp butter over medium-low heat. Break each egg into a small bowl and add it to the pan (see below for expert egg instructions).

7) Place burgers on buns and top each with a beetroot slice, pineapple slice and sunny-side-up egg.

MASTER IT

SUNNY-SIDE UP

Addington suggests starting with a medium-heat flame and cooking a fried egg more slowly than you would normally, to avoid browning. The goal is to get the white cooked solid while keeping the yolk runny. **1)** Over medium heat, place a little butter and salt on the bottom of the pan. **2)** Crack your egg into the pan and season the top side of the egg with salt. **3)** Let it do its thing for about five minutes and do not flip over. As soon as the white is set, remove from the pan.

HOW TO BUY THE PERFECT EGG

Chef Sebastien Archambault explains the importance of seeking out farm fresh.

"The kind of egg you use is very important. A yolk should always be bright orange, not yellow – yellow means there's no keratin and that the hen wasn't eating what it was supposed to.

"And because it matters what the chicken has been eating, I also think you should always buy your eggs from a farmers' market. For eggs to have true flavour and real nutritional value, chickens need to be free to roam and eat grass, insects and flowers – yes, believe it or not, the richness and flavour of the yolk when chickens can eat flowers is amazing."

Summer Ramen

When people think of ramen, they think of a steaming bowl of soup. But in the warmer months of the year, noodle shops all over Japan feature this delicious cold, brothless version known as *hiyashi chukka*, or ramen salad – which, like the soup, usually comes topped with an egg.

"You'll find the runny 'hard-boiled' egg at all ramen shops in Japan," explains Ivan Orkin, an American who moved to Japan in the '90s and somehow managed to open one of the country's most revered ramen restaurants.

This Summer Ramen actually features two cooked eggs: one semi-hard-boiled and the other omelette-style, very thin, then sliced up along with the rest of the ingredients. Egg is the perfect creamy counterpart to the tangy, soy-based dressing, says Orkin: "When the yolk breaks over the noodles, it adds a whole other sauce."

But what really makes any ramen unique – whether it's a soup or a summer salad – is the noodles. Unlike buckwheat or soba noodles, those found in ramen are springier.

And, of course, like everything else in Japan, the presentation is orderly.

Make it

SERVES 4

INGREDIENTS

(FOR THE VINAIGRETTE)

- 150ml tamari or soy sauce
- 60ml rice wine vinegar
- 2 tsp sesame oil
- 2 tsp canola oil
- 2 tbsp malt vinegar
- ¼ cup dashi (instant Hondashi is widely available)
- 1 tbsp plus 1 tsp honey
- ¼ tsp sea salt
- 1 clove garlic, pressed

(FOR THE RAMEN)

- 600g high-quality fresh ramen noodles
- 1 small sweet onion, sliced very thinly
- 4 slices of bacon, cooked crisp and crumbled
- 250g smoked ham, cut into thin ribbons
- 2 small cucumbers, cut into thin ribbons
- 4 small tomatoes, cut into thin wedges
- 2 cups cos lettuce, shredded
- 4 large eggs, cooked into a thin omelette, sliced into ribbons
- Karashi (hot Japanese mustard)

DIRECTIONS

1) Cook and cool the noodles. Drain well; divide into four bowls.

2) Toss together onions and bacon; set aside. Arrange ham, cucumber, tomatoes, lettuce and omelette in neat piles over each bowl. Top with onion and bacon mix.

3) Add egg and spread karashi on the dish's rim. Pour vinaigrette over everything.

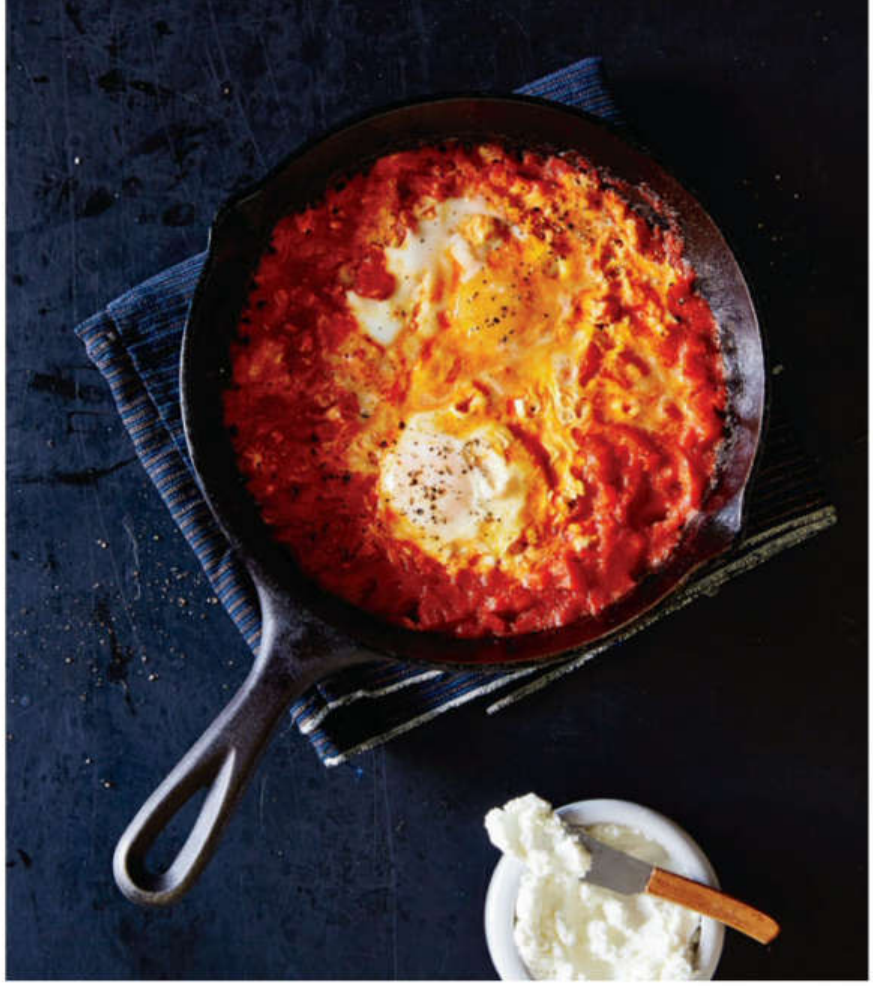




MASTER IT

BOILED

■ While the ramen egg often looks hard-boiled, Orkin says it's actually just slightly more than soft-boiled. This allows the yolk to run a bit and meld with the dish. To get this right, you want to cook the egg until the centre of the yolk has just begun to gel. (Orkin suggests doing a test egg before cooking an entire batch.) **1)** Take a room-temperature egg and lower it into boiling water; stir the water a little so the egg's centre starts to solidify. Then, leave it alone for about 6–7 minutes (for a harder centre, let it sit for 8 minutes). **2)** Remove from water and immediately plunge into ice water to halt cooking. **3)** Peel and slice in half (Orkin uses fishing line for a clean cut) and place on your ramen.



Shakshuka

For British chef Yotam Ottolenghi, the egg is the perfect finishing touch – the key to completing a dish that is "almost there". One of his favourite egg dishes is the Tunisian staple shakshuka, which, with its chopped garlic, capsicums, fiery harissa and baked egg, he describes as "drama in the mouth".

Ottolenghi suggests this as an ideal brunch: "It's a really informal dish – you can do all the work beforehand, then all you need is some crusty white bread to mop up the juices. It also has magical hangover-clearing properties."

Make it

SERVES 4

INGREDIENTS

- 2 tbsp olive oil
- 2 tbsp harissa (Tunisian chilli paste)
- 2 tsp tomato paste
- 2 large red capsicums, diced
- 4 cloves garlic, finely chopped
- 1 tsp ground cumin
- Salt
- 5 large ripe tomatoes, chopped
- 4 large free-range eggs, plus 4 egg yolks
- ½ cup labneh (Lebanese cream cheese) or thick yoghurt

DIRECTIONS

1) Preheat oven to 180°. Heat olive oil in large pan over medium heat burner; add the harissa, tomato paste, capsicums, garlic, cumin and ¾ tsp salt. Stir and cook for about 8 minutes to allow the peppers to soften.

2) Add tomatoes, bring to a gentle simmer and cook for a further 10 minutes until you have quite a thick sauce. Taste for seasoning.

3) Make 8 little dents in the sauce. Gently break the eggs and carefully pour each into its own dent. Do the same with the yolks. Use a fork to swirl the egg whites a little bit with the sauce, taking care not to break the yolks.

4) Place dish into the oven, bake for 8–10 minutes, until egg whites are set but the yolks are still runny. (You can cover the pan with a see-through lid if you wish to hasten the process.)

5) Remove from heat, leave for a couple of minutes to settle, then spoon into individual plates and serve with the labneh or yoghurt.

MASTER IT

BAKED

When baking an egg that's cracked on top of a dish – as with shakshuka or pizza – the trick is not overcooking the egg or the dish. The key is to add the egg in the last 10 minutes (in a 180° oven) and to watch it closely. **1)** 10 minutes before dish is fully cooked, remove it from heat. **2)** Crack eggs onto dish, return to heat. **3)** Eggs will bake in 10 minutes or less, but watch the egg itself, not the clock – they're done when whites are just "set", opaque white and yolk is still runny.

MF TOP PICK

LOW-FAT PROTEIN

Farm Pride Fresh Pasteurised Egg White is just that – separated albumen from fresh hen eggs, pasteurised and packed. There's no added salt, preservatives, additives, colours or flavours. *farmpride.com.au*



Kale Caesar Salad

Pairing a poached egg with salad is one of the oldest culinary traditions in the world, and one that can transform a starter into a satisfying light lunch.

But the process can be harder than it looks, as the egg – and the "sauce" it creates – has to be done just right. "It's all about chemistry," says head chef Sebastien Archambault. And that means you need to poach it correctly for the magic to happen.

For this recipe, Archambault offers his take on the classic Caesar salad, in which he swaps out traditional cos lettuce for the more nutrient-rich kale and adds a breaded poached egg to amp up a Caesar's creamy but crunchy texture.

"When you bread the poached egg, you have the crispiness of the bread and the creaminess of the yolk all in one," he says.

Make it

SERVES 4

INGREDIENTS

(FOR THE KALE SALAD)

- 450g kale, thinly sliced
- 1 lemon, cut into 6.5mm segments
- ½ cup Caesar dressing
- Salt and pepper
- ¼ cup capers
- ¼ cup sunflower seeds, toasted
- ½ cup Parmesan cheese, grated
- 4 poached eggs

(FOR THE CAESAR DRESSING)

- 30g anchovy
- 1 clove garlic
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1 tbsp white wine vinegar
- 2 tbsp red wine vinegar
- 1 tbsp lemon juice
- 2 dashes Tabasco sauce
- 2 egg yolks
- 1 cup grapeseed oil
- ¼ cup olive oil
- 1 cup grated Parmesan cheese
- 2 tbsp water

DIRECTIONS

1) For the Caesar dressing, mix in a blender all of the ingredients except for the grapeseed and olive oils, Parmesan cheese and water. Liquefy until smooth, then slowly add the oils and the water.

2) For the salad, mix together the kale, lemon and Caesar dressing. Season with salt and pepper.

3) Split the salad between four bowls. Top each with 1 tbsp capers, 1 tbsp sunflower seeds and Parmesan.

4) Poach eggs in 1 litre of water (see below for Archambault's expert poaching technique).

5) Once finished, drain and place on paper towels to dry. Place atop salad.

6) Optional step: bread poached eggs using a mixture of equal parts all-purpose flour, beaten egg and breadcrumbs. Deep-fry them in oil at 180° for 1 minute, or until the breading is nicely toasted. Remove eggs from oil and season with salt and pepper to taste.

7) Place one poached egg on top of each salad.

8) To finish the dish, mix in Parmesan cheese and season with salt and pepper to taste.

MASTER IT

POACHED

Poaching eggs is notoriously difficult – many chefs actually use thermometers to help them. But the truth is, you just need a little practice – and to follow these steps: **1)** Fill a small pot with water, lightly salt it and add a cup of vinegar; heat. When it boils, drop the heat to a simmer. **2)** Break a fresh egg into a small bowl; over the sink, pour the egg onto a slotted spoon just long enough for any extra water to drain off, then immediately pour it back into the bowl (this step eliminates flyaway strands of egg white). **3)** Turn off the flame completely and begin stirring the water to create a "whirlpool"; hold the egg just above the water, then slide it into the centre of that vortex – this is the trick to making sure the egg holds its form. **4)** Leave the egg alone for just over 2 minutes. **5)** Remove with a slotted spoon. ■

Food styling by Erin Jeanne McDowell; prop styling by Martha Bernabe



"When you bread the poached egg," says Archambault, "you have the crispiness of bread and the creaminess of the yolk all in one."

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Photographs By James Ryang
Still Life By Richard Pierce

Can you really get ripped in 7 minutes (or less)?

Almost comically short routines – the 10-Minute Workout, 7-Minute Workout, even 1-Minute Workout (yes, seriously) – are taking the fitness world by storm. Are they a busy guy's dream come true or just too good to be true? Here's what you need to know. By Tyler Graham

I'm in New York at the Gild Hall hotel, sixth floor. There's a good reason I'm on the other side of the world – I'm standing in perhaps the smallest gym on the planet, a "fitness centre" no bigger than a walk-in closet. It's regular hotel fare – spare white walls and a concrete floor, outfitted with only a single treadmill and a StairMaster. But for the guy I'm with, and its size, we could be at a chain gym anywhere.

His name is Chris Jordan and he's the director of exercise physiology at Johnson & Johnson's Human Performance Institute. He's visiting New York to give a series of talks about the science of exercise and he's taken me here to show me that rooms like this have everything I need to achieve a fat-shredding, full-body workout. In fact, we've got more than enough, he says, because we don't even need the machines. Jordan is the man behind Johnson & Johnson's Official 7-Minute Workout exercise app, which guides users – typically working professionals on the go – through a quick succession of high-intensity bodyweight bursts; last year it became one of Apple's top downloaded Health & Fitness apps and it's remained one ever since.



Weight it out. *Almost every version of the Official 7-Minute Workout requires pushups, planks and air squats.*

When it arrived on the scene, the Official 7-Minute Workout seemed to cap a never-ending game of one-upmanship in training circles for the shortest effective workout imaginable. In 2012, trainer Jillian Michaels of *The Biggest Loser* fame debuted a 30-minute workout called Bodyshred. Not long afterwards, Tony Horton, the savvy inventor of the cult hit P90X, cut his proprietary workout in half – down to 30 minutes – when he released P90X3. Soon 20-minute and 15-minute workouts started showing up everywhere. Then last June, Shaun T, creator of Insanity and Hip Hop Abs, showed up on *The Dr. Oz Show* promoting his new 5-Minute Fat Blasting Workout, a series of high knees, sprinting in place, lunges and other bodyweight exercises he proceeded to put the middle-age TV host through while the studio audience cheered him along. "Let's get moving and burn off the fat!" Oz barked, as if temporarily possessed by Richard Simmons.

None of these programs, however, struck a chord quite like Jordan's seven-minute routine, which is why I've tracked him down with some questions. Before he joined the Human Performance Institute, he worked with both the US Air Force and British Army. But because his job now is to get the most out of corporate athletes – the ageing CEOs, CFOs and other execs whose calendars are almost always full – he's managed to become one of the world's top evangelists for micro exercise routines that can be completed basically anywhere.

Sure, they're convenient, I tell him as we stand in our mini gym, but can someone really get fit in only seven minutes a day? After all, the National Heart Foundation of Australia has decreed that 150 minutes of "moderate intensity" exercise per week is the baseline for good health. If you did the Official 7-Minute Workout every day, you'd get only 49 minutes – so, not even a third of that. (Though, admittedly, the short session is completed at a higher intensity – more on that later.) Can you really build muscle in such a short period of time – or are you just doing the bare minimum for what's considered "healthy"?

Jordan laughs. "All those questions are the equivalent of asking whether or not exercise works," he says. "But the answer is yes, they work. And the real question is, are you willing to put in what it takes? Because doing a great workout followed by several days of nothing because you're travelling doesn't cut it. For them to work, the key is consistency."

And that's when he shuts the door and says it's time to get to work.

Grooming by Matthew Tuozzoli/Artists by Timothy Priano



Micro machine. *Doubt top exercise physiologist Chris Jordan can wreck you in just seven minutes? He'll prove it.*

As a training tool, short workouts go back to at least the 1930s, when Swedish Olympic decathlete and national coach Gösta Holmér created Fartlek, which roughly translates to "speed play". "You run as fast as you can to a tree and then fall back," says Dr Martin Gibala, a physiologist at McMaster University in Canada. Roger Bannister, the first man to break the four-minute mile, did something similar when he trained for his world-record run. "He did 400m repeats," says Gibala. "He was training less than 30 minutes and when he made the final assault on the record, he dropped the volume because he thought he was overtrained."

In the 1990s, Izumi Tabata, the famous Japanese researcher who studied speed skaters, tested a protocol of 20 seconds of hardcore exercise followed by 10 seconds of rest. This was repeated for eight cycles for a total of four minutes of exercise. Athletes in Tabata's studies built muscle and increased aerobic activity just as they would have in a much longer, more traditional workout routine. Ever since, Tabata's teachings have been incredibly popular in military and martial arts circles. (It's too bad no-one thought to brand it the "4-Minute Workout". Today, there are dozens of Tabata timers for smartphones that let you manipulate the active and rest periods.)

"Personal trainers have been using short workouts for ages, and they knew it was working," says Gibala. "But the difference is there wasn't the body of scientific research to prove it. So as researchers, we're now playing catch-up. We're doing the measurements, taking muscle biopsies and proving it works."

Gibala recently developed the quickest workout so far, but it's so short it doesn't seem believable. It's called the 1-Minute Workout and while it sounds laughable, the prestigious science journal *PLOS One* published a study proving its effectiveness last year. Participants in the study did three 20-second all-out efforts on an exercise bike separated by two minutes of rest, with a two-minute warmup and two-minute cooldown. They did this three times a week and after six weeks they had improved their aerobic capacity by 12%. Meanwhile, Jordan spearheaded his own research to prove the efficacy of a seven-minute workout program he was working on for Johnson & Johnson and published his findings in 2013 in the American College of Sports *Medicine's Health & Fitness Journal*. He found that short, intense bouts of exercise are effective for losing weight, preventing chronic illness, building muscle and improving aerobic capacity. For his research, he used a circuit of 12 bodyweight movements (think pushups, squats, planks) and recommended doing each exercise for 30 seconds followed by five seconds of rest. One circuit lasts, of course, seven minutes, though Jordan initially recommended that it be done two or three times in a session, making it actually a 14-minute or 21-minute workout, respectively. (Regardless, when *The New York Times* reported on the study at the time, the headline was "The Scientific 7-Minute Workout". Later that year, it released its own proprietary web-based workout app, also called the Scientific 7-Minute Workout. Johnson & Johnson countered with its Official 7-Minute Workout app later.) Even so, almost overnight, developers from around the world flooded iTunes with copycats.

Whatever name the workout goes by, Jordan's and Gibala's research both offer evidence that short, intense interval workouts can help you build muscle, boost aerobic capacity and improve biomarkers. When you engage in one of these rapid-fire sessions, you ignite your body's stress response: your blood pressure, heartrate and metabolism instantly spike and your body begins its process of churning fat and carbs into fuel and rushing blood to your muscles. The positive health effects are instantaneous. "When it comes to the immediate health benefits of this sort of high-intensity exercise, it's all about blood sugar," says Dr Timothy Church, a professor of preventive medicine at Pennington Biomedical Research Center at Louisiana State University in the US. When you jump rope or bang out pushups to exhaustion, your body instantly starts burning blood sugar – and lower blood sugar, in the longer term, means less weight gain (and dramatically lower chances of developing insidious conditions such as diabetes, heart disease and dementia). The intense stress on your muscles builds your body's aerobic capacity, too. And, as with other forms of exercise, when your muscles grow, they pull on your skeletal system, increasing your bone density. A lot of new research also shows that interval training triggers the release of macrophages and killer T cells, boosting the body's immune function for hours after your last pushup or pullup.

Today's most cutting-edge science on the benefits of high-intensity exercise has to do with the brain. It triggers the formation of a protein known as the brain-derived neurotrophic factor (BDNF), nicknamed "Miracle-Gro for the brain". Top researchers believe BDNF is responsible for improving memory, balance, concentration and mood. They also believe that, as the name suggests, it helps regenerate brain cells. And recent studies indicate that BDNF is also largely responsible for helping the brain adapt to outside pressures (such as, for instance, being able to distinguish between a car backfiring and a gunshot).

Photography Darin Back Grooming by Caroline Throneburg



Go hard. *Intensity of workout is key to getting the most out of shorter sessions.*

So does this mean you should give up your traditional weight routine or your 8km run for short workouts?

"The devil is in the details," says Gibala. "No-one would suggest that an elite marathoner could get away with solely doing intervals," he says. But if you're a regular guy looking to reap the benefits of traditional gym routines, you're in luck. Gibala says that when you compare the benefits of 30 minutes of intervals versus 30 minutes of regular endurance exercise, the intervals will invariably win because they're much more intense. And if you compare a short period of intervals with a longer period of endurance exercise, the benefits are roughly similar. In other words: with a disciplined diet, there's no reason you can't be a really fit guy, even ripped, by squeezing your routine into a lightning-round session that lasts less than 10 minutes a day – as long as you keep the intensity up and keep your workouts consistent.

But there's one important hitch: "Your body will adapt to a seven-minute program pretty quickly," says Jordan. "It's important to keep up the intensity as you adapt." So while a short routine will yield quick gains and visible results in a short period of time, you need to progress from one to three rounds over time. (And, he says, you shouldn't go more than two consecutive days without exercising because this sort of bodyweight training is all about consistency.) So, of course, that means the ideal short workout is actually more like 21 minutes, not seven.

But 21 minutes may still sound like a pretty weak session for guys who camp out at the gym. Not so fast, says Church, who points out that traditional exercise routines – say, longer lifting sessions with some light cardio mixed in – simply involve too much rest, as people spend so much of their hour at the gym talking, walking to the water fountain or generally avoiding exercise altogether. "Most people are really doing hard work for only 15 to 20 minutes anyway," he says.

Mike Chang, founder of the hit YouTube channel Six Pack Shortcuts, agrees. "You see guys on their phone or checking out the eye candy – they're just there filling a time commitment." When people question Chang about the effectiveness of short workouts, he simply puts them through a 10-minute session. "When they break at minute 8 and they're hurting, I'm like, 'I thought you said you normally work out for an hour?'" (For more on how to maximise

The Men's Fitness 5-Minute Full-Body Blast

A full-body workout session crammed into the shortest conceivable amount of time, courtesy of *Men's Fitness*' very own group training director, Sean Hyson.

DIRECTIONS

Warm up with high knees, a deceptively difficult cardio blast made even more challenging by the fact that the rest periods regress with each set. Then it's on to two circuits that alternate training for the upper and lower body, allowing one area to recover while the other works. Finally, you'll finish with burpees – possibly the most exhausting bodyweight exercise – then star jumps, which is your cooldown. Perform the exercises for time rather than reps – this ensures that you can adjust the pace to your own fitness level. (For example, if you can't do many pushups, we won't ask you to do, say, 10. Just do as many as you can in 20 seconds.) Try to keep track of how many reps you get on each move so you can track your progress.

WARMUP

High Knees

Sets: 3
Reps: Work for 20 sec.

- Run in place, driving with your legs and pumping your arms. Each knee should rise above hip level.

Rest 20 seconds after the first set, then 15, then 10.

CIRCUIT 1

A Hindu Squat

Sets: 1
Reps: Work for 20 sec.

- Stand with feet shoulder width and get up on the balls of your feet. Exhale as you squat down, keeping your heels in the air. Extend arms forward for balance. Inhale as you stand up and rest your heels on the floor.

B Pushup

Sets: 1
Reps: Work for 20 sec.

- Plant your hands on the floor just outside shoulder width and extend your legs behind you. Brace your core so your body remains in a straight line. Lower until your chest is about 2cm above the floor and then push back up.

C Single-leg Glute Bridge Iso Hold

Sets: 1
Reps: Work for 20 sec.

- Lie on your back on the floor and bend both legs so your heels are close to your butt. Brace your abs and push through your heels to raise your butt into the air. From there, extend one leg so it's in line with the other and keep your hips raised using only the one foot to support them. Hold 10 seconds and then switch legs and hold another 10.

CIRCUIT 2

A Lateral Bound

Sets: 1
Reps: Work for 20 sec.

- Stand on one leg and jump to the opposite side, landing on the opposite foot. Allow your hips and knee to bend to absorb the impact, and quickly bounce back.

B Chair Dip

Sets: 1
Reps: Work for 20 sec.

- Place your hands on the base of a chair and walk your legs forward so your body is suspended by the chair. Lower your body towards the floor until your upper arms are parallel to the floor, then push yourself back up.

C Plank

Sets: 1
Reps: Work for 20 sec.

- Get into a pushup position and rest your forearms on the floor. Brace your abs and hold your body in a straight line.

Burpee

Sets: 1
Reps: Work for 20 sec.

- Stand with feet shoulder-width apart and bend your hips back to squat to the floor. Touch your hands down and then jump your feet back so you end up in the top of a pushup position. Reverse the motion to come back up to standing.

Star Jump

Sets: 1
Reps: Work for 30 sec.

- Jump and spread your legs and clap your hands together overhead. Jump again and slap your hands against your sides as you bring your feet together.

your rest periods during lifting sessions, see “Rest Better, Get Bigger” on page 32.)

And if you’re a CrossFitter, it’s a good bet you’re already a short-workout veteran. For example, one CrossFit workout of the day, or WOD, is 10 pushups and 10 air squats for 10 rounds. A similar WOD is done for time: 21 air squats followed by 21 pushups, then 15 and 15, followed by nine and nine. There are endless variations on these types of workouts and what they all have in common is that they can be done quickly and anywhere. Ryan Halvorson, a trainer and editor at the Idea Health & Fitness Association, says, “When I’m on a big deadline and don’t have time to exercise I’ll drop to the floor and do one set of pushups to failure every two hours.”

But let’s be clear: whether you go for seven minutes or 21, these short bodyweight sessions will never turn you into Arnold. “If you want to add a large amount of muscle you still have to powerlift,” says Church. “But it’s not just the size of the muscle that matters, it’s the quality of the muscle.” And, he adds, quick intervals are great for improving muscle density and function. In fact, there’s one thing about how intervals impact muscle that remains a bit mysterious. Elite athletes who were thought to be trained to peak performance have seen gains after adding intervals to their routine. “Somehow, intervals allow their muscle to buffer pH more efficiently, which prevents fatigue,” says Gibala.

But the question remains: if you just want to be a fit guy, how short is too short?

“It’s all about context,” says Church. “I’m into jiu-jitsu, and I can tell you that a six-minute match is as intense a workout as any.”

At the Gild Hall hotel, I learn this firsthand.

Jordan’s workout, funded by Johnson & Johnson, is by far the most expansive of the more than 100 seven-minute-workout-style iterations now crowding the Apple Store. It comprises a library of 72 exercises varying in duration and intensity for all fitness levels.

Because I’m an avid tennis player, Jordan cues up his iPad and chooses a program called “sports conditioning”, which is classified as “hard” and focuses on strength, cardio and agility. Including the warmup, the total workout time is going to clock in at 23 minutes and seven seconds. Twenty-three minutes? I’m feeling pretty damn confident.

Jordan declines to start with a warmup and launches into the routine. The sprightly looking interface begins by showing Jordan himself, decked out in sleek workout gear, performing the exercises against a white background. It begins with high knees. “Stay on your toes and keep your core engaged!” the iPad barks with a stern, vaguely Pommy accent. “Swing your arms forcefully!” So, in our little four-by-four space, we each start pumping our legs.

Before too long we are doing killer “grasshopper” pushups that require you to twist one leg underneath your torso and back again before you complete the full pushing-up motion. “People always ask me how you hit the lats with bodyweight workouts,” says Jordan. “This is how.”

There are 12 exercises in all. There are Spiderman pushups and planks. One exercise hits the legs and then the next works the shoulders and arms. Within a few minutes, I’m soaked. (I also quickly realise how out of shape I’ve got over the past few months, thanks to an elbow injury.) After seven minutes we pause the program. I can’t imagine doing two more rounds. Blood is rushing to my muscles and I’m having trouble remembering the questions I wanted to ask. I take the iPad from Jordan and start scrolling through his app’s offerings to buy myself some rest time.

“It’s about making every exercise you perform as simple and accessible as possible,” says Jordan, smiling. Then he takes the iPad back and starts the next round. ■



Start the clock! *Our Men’s Fitness 5-Minute Full-Body Blast includes chair dips (above), high knees in full swing, a well-executed star jump, the burpee transition moment and the lateral bound.*

REBOOT YOUR BRAIN

The average computer takes almost four minutes to switch off and on again – more than enough time to do the same with your overworked cerebral cortex. Hit the reset switch and clean up your mental hard drive.



4:00
DITCH THE NEURAL SEE-SAW

Your brain has two main modes of operation: "task-positive", where your attention's focused, and "task-negative", where you're daydreaming but more creative. Both are valuable, but see-sawing between them is mentally exhausting. To ease the process, switch off alerts for at least 4-5 minutes per hour. "Knowing you have an unread email saps attentional resources because your brain keeps thinking about it," says neuroscientist Daniel Levitin. "To be more productive and creative, do your social networking during a designated time."



2:21
TAKE IN A MOVIE

TED conferences — those idea-spreading meet-ups popular on YouTube — can feature up to 90 talks over five days. "It burns a muscle," says curator Chris Anderson. "A lot of conferences just keep pounding your analytical left brain." To help attendees recharge, the organisers screen films between talks. The best is *Shake*, which you can see at *vimeo.com/77111226*.



0:40
EYE THE GREEN

Even if your office is mid-industrial wasteland, there's hope. A Melbourne University study published in the journal *Environmental Psychology* found that interrupting a tedious, attention-demanding task with a 40-second "microbreak" — in which you simply look at a computerised image of something natural — improved focus as well as performance on the task. Head for *reddit.com/r/natureporn* (yes, it's SFW) for your daily fix.



0:30
GET NUTS

The biscuit tin is your enemy. Instead, refuel with trail mix — the phosphorus in dried fruits provides healthy sugars for a rapid boost, while seeds and nuts prevent insulin levels dropping, maintaining energy. Make your own using cashews, almonds, sunflower seeds and dried cranberries. It'll only take you 30 seconds to grab some.



0:15
SIT BETTER

It's virtually impossible to sit for any length of time with good posture — and marathon desk sessions promote bad habits. Set a timer for regular intervals through the day and when it goes off, employ the Gokhale Method for 15 seconds. Sit with your glutes "behind" you, then roll your shoulders one at a time forward, up, back, and then down, keeping your torso upright but relaxed. You'll aid circulation and switch your glutes back on.



2:15
CARRY A TUNE

Music stimulates the brain's circuitry and enhances mental performance, while research also shows background music can help us at work by increasing our ability to think and solve creative problems. Baroque string quartets not your thing? Videogame music is designed to stimulate without ruining concentration, so start with the *Legend Of Zelda* theme and go from there.



1:00
TRICK YOUR BRAIN

If all else fails, just remember a time when you felt happy and energetic and focus on why you felt that way. It's a neuro-linguistic programming shortcut to more focus and better productivity. ■



"Simply looking at an image of something natural improves focus."

Photography by Jamie Kimm; Prop styling by Tiziana Agnello



Sting in the trail

Have you got what it takes to run 100 calf-crushing, mind-bending kilometres through the rugged and inhospitable Blue Mountains? Sydney ace Andrew Tuckey and race winner Dylan Bowman reveal what it's like to take on the big daddy of Australian trail racing: the North Face 100.

By Ashley Gray





Feel the pain: *The North Face 100 has heaps of punishing verticals.*

Andrew Tuckey knows the horror. It's why he now sports a plus (+) sign on his wrist every time he races. In 2013, during the 166km Mont Blanc Ultra, he was forced to take time out to smote his demons. "I lay down on a mat for an hour-and-a-half after a bad spell," the 39-year-old Sydney IT worker says. "At ten hours, I thought I've still got at least another ten to go, and when you haven't done it before that can seem impossible." He eventually completed the race in a highly respectable 26 hours [the winner did it in 20.5 hours], and came to the realisation things probably weren't as bad as they seemed.

The plus (+) sign gives him something to focus his mind on when the going gets tough and helps him stay positive.

Getting the mental side of smashing an ultra trail run right is critical to finishing. Californian Dylan Bowman, 29, has also experienced the horror. Taking up an invitation he probably should have knocked back, he attempted the Transgrancanaria at the Canary Islands in 2014, a 125km run across the sub-tropical island at an elevation of 8,000m. "It was my ugliest race," he says. "There are lots of verticals and my training wasn't commensurate with it. I'd only arrived for it 24 hours before from halfway across the world. We started at midnight and at 5am I was convinced I was going to drop out, but I figured I'd wait until the sun comes up."

When it did, he thought he would quit but approaching an aid station, he couldn't bring himself to do it: "It wasn't ugly enough, so I thought I'll keep going until I can't anymore." His mental strength would ultimately power him to a top-ten finish.

The North Face 100 (NF100) tests mind and body like few events. One hundred kays of gnarly trails, towering stair runs and extreme downhills amid the savage beauty of the NSW Blue Mountains. Preparation is everything. The horror lurks at every turn. Tuckey – who didn't finish for the first time in his career – copped it again in this year's instalment. Here's how Tuckey and Bowman attacked the course.

In any given week, Andrew Tuckey runs 26km to work twice and clocks up 130km in total.

What was your prep leading up to the NF100?

Andrew Tuckey: It's all about running for me. I average 130km a week – I do a long run on the weekend of four hours, and faster interval sessions on Tuesday and Thursday when I'm at work. I also run 26km to work twice a week.

Dylan Bowman: I live near a lot of hills [in Marin, north of San Francisco], so I do a lot of vertical running: climbing 5,000m to 8,000m. It's very helpful for trail racing and good for strength. A few weeks ago I did 198km and 9,000m of climbing but that's atypical. I usually get in three faster sessions a week – Tuesday, Wednesday and Saturday – and a long run on Sunday.

Is muscling up crucial?

AT: I just run. I also stretch a lot and use the foam roller on my calves.

DB: I do 30-40 minutes a day strength and stretching 5-6 days a week. That includes 100 pushups plus pullups and core work. Runners and big guys like me [Bowman is 188cm and 75kg] normally have a lot of problems with the hip area, so I do an exercise called the "fire hydrant", getting on all fours and raising single legs.

Downhill running can be shit-scary – how do you approach it?

AT: Relax and have confidence. The idea is to try to run it normally, whereas you tend to want to lean back and slow yourself down because fear comes into it.

DB: I agree. A lot of it has to do with confidence. A lot of time you know if you fall you're going to hurt yourself. You have to trust yourself.

What gels and drinks do you neck?

AT: I have a gel every half hour in the NF100. It's easier to calculate than every 45 minutes – your maths go out the window at some point. I carry a bottle of water and a bottle of electrolytes to drink. I have some Coke occasionally .

DB: Same as Andrew. I also consume a litre of liquid an hour during a race.



Pushing the limits: *Andrew Tuckey battles exhaustion.*



Record breaker: *Dylan Bowman won the race in 8:50:13.*



"I made my move hammering uphill – those last 8km hurt me immensely."

Stairway to hell: *Huge sets of steps test legs and mettle.*

Are you pumped at the start?
AT: By that time I'm ready to go – there aren't any nerves.
DB: I'm always excited, I don't get nervous. I enjoy the atmosphere, then hope to get things done in a respectable manner.

Andrew, you've the plus (+) sign to keep you focused. What else gets you guys through tough moments?
AT: One of the best things you can do is train with a head lamp. It's important to realise how little is lit when you have the lamp on. You have to get used to it.
DB: I'm naturally a competitive person. The prospect of having someone catch me is highly motivating. I try to focus on remembering the guys I'm racing against are also suffering. It blunts my own suffering a little bit.

Which part of the race sucked?
AT: It was my first-ever "didn't finish". I was all good until the halfway point when I was in second place but then I started to struggle. There is this massive staircase at the halfway point and I didn't feel too good on it. I had no energy. Then I started to feel lots of aches and pains and I continued on for another 28km and pulled the pin at the 78km mark.
DB: The last 10km of the course. It's all uphill to the finish line and I was in a heated battle with Chinese runner Yan Long Fei. At the time, I felt like he was moving better than I was but I didn't want to concede the victory. I knew that the 2014 race came down to a sprint finish and I couldn't allow that to happen; Yan has far superior leg speed than me. I made my move with about 8km to go and was not very optimistic that it would hold. Luckily, a lot of my training is geared towards hammering uphill and that strength paid off with the NF100's uphill finish. Those last 8km hurt me immensely.

Did you have a game plan?
AT: I was running to win it – I was second last year – so when I started to struggle I didn't really have a plan B. If I was running well and behind a few guys it wouldn't have mattered, I would have kept on going. But I was struggling. I didn't want to do myself any permanent damage.
DB: Everyone talks about the stairs on the course and luckily we have a lot of trails with stairs where I live. I spent extra time running those trails and I tried to finish runs with a long gruelling climb to mimic the uphill finish of the NF100.

When were you most under the cosh?
AT: I tried to get things going after the halfway point, but I couldn't. I think my expectations were too high – I wasn't open-minded enough about what could happen in the race. The plus (+) sign was working but it wasn't enough.
DB: At about 65km there was a group of four at the front of the race. [Frenchman] Francois D'Heane, [New Zealander] Scott Hawker and Yan Long Fei were all moving well and I was bringing up the rear, not feeling strong. At that point, I was worried that I'd be dropped by the group and redoubled my focus on nutrition. My energy soon rebounded and I was able to move past Scott and Francois before my battle with Yan late in the race.

What's your top tip for a first-time racer?
AT: Be open-minded: you're out there for nine-hours-plus – you will have low patches, be prepared for them.
DB: Focus on having a good time first and foremost. The challenge is so large that it's easy to lose track of why we run trails in the first place. It should feel comfortable most of the day and the experience is one to be enjoyed. The views are amazing and the support on course is world class. Remember to chat with fellow runners and be gracious to volunteers. If you are feeling good at the bottom of the last climb, let loose and leave it all on the course! ■

WHAT YOU NEED FOR A PB

With these top-quality essentials, you'll be smashing an ultra in no time.



REPLACEMENT DRINK
SOS Rehydrate
Has three times more electrolytes than a regular sports drink. $21.99 (10-pack), *sosrehydrate.com/store/au/*



TRAIL SHOES
Icebug ZEAL RB9X
Super-stable with a soft running feeling, perfect for tough and uninviting terrain. $189.95, *icebug.com.au*



RUNNING PACK
CamelBak Ultra 4 Hydration Vest
Worn by NF100 winner Dylan Bowman, this vest has expandable storage. $169.95, *wildearth.com.au*



RUNNING LIGHT
Black Diamond Sprinter Headlamp
See where you're going at any time on any trail in any weather. $149.95, *seato summitdistribution.com.au*



ALL-WEATHER CLOBBER
Black Diamond Alpine Start Hoody
Defy the elements in this stripped-down outer layer. $219.95, *seato summitdistribution.com.au*

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Keeping up with



How many girls do you know who belong to a high-end gym, a cycling or yoga studio, a Pilates class, even a boot camp – *all at the same time*? For the record, we totally endorse this behaviour – after all, they're sweating through killer workouts with expert instructors in a setting that pushes them to elevate their game. But you? Day after day you're at your local gym, a lone wolf drifting sadly among the weight racks. So listen up, brother! Group exercise classes, which are probably available right where you work out now, have come a long way since Jazzercise – which means it's time to get over your "class" snobbery and get started. Here we've broken down all you need to know to do just that; and because we care, we've also added tips on how not to act like a douchebag. Trust us: no-one wants to sweat it out next to "that guy" – especially the girls.

the girls

Today's exercise classes don't offer only extreme motivation, upbeat camaraderie and pop music. They also provide more intense – and competitive workouts – than ever before. Hit one, and who knows – you might even have some fun, too.

By Peter Koch Photographs by Jorg Badura





BOOT CAMP

FALL IN LINE: HOO-AH!

There are countless ways to burn calories and develop cardiovascular fitness at the gym – like running on a treadmill, using an elliptical, or, if you're so inclined, jumping and twerking in a Zumba class. But there's nothing that shocks the system like a well-run boot camp.

In boot camp, you'll get a total-body workout led by a drill-sergeant type who pushes your body full-throttle to the point of failure as you circuit through cardio and strength exercises in quick succession, working every muscle group in a fast-paced, 30- to 45-minute session. Boot camp will have you shredding fat while maintaining lean muscle, increasing your endurance. It'll also pump up your metabolism so you continue to burn calories hours after your final rep. Ready to enlist? Here's how to do it.

How to Choose Your PT Session

◆ Not all boot camps are created equal. Since Chief Brabon's Original Bootcamp (*bootcamp.com.au*) launched the trend in 1991, "boot camp" has become a catchall for any military-inspired classes, even if they're decidedly low-intensity and cardio-heavy, with dance-y moves and empty punching and kicking rather than full-body functional movements.

"I was in the army, so I know what boot camp really is," says Eric Salvador, a head coaching instructor. "It's not just running around the park and doing step-ups." To find a good one, check out the class description, says Justin Flexen, a group fitness instructor. "If you see high intensity or Tabata, that's pretty hardcore."

And try to ask the instructor if classes use equipment like free weights, medicine balls or plyo boxes. While bodyweight exercises like pushups, squats and lunges are great, we prefer mixing in the strength benefits of increased resistance. It will max your output and sharpen musculature, making gains more visible.

And the final tell, according to Salvador? "See if there are other guys in the class."

BOOT CAMP DOS AND DON'TS

DO Introduce yourself. "Many friendships have been forged by the agony and triumph of high-rep burpees, deadlifts and Tabata circuits," says trainer Jonny Edward.

DON'T Bring your ego. "Some people come in their first time thinking it's an easy class," Salvador says. "But halfway through, they're like, 'Oh, shit!'" He suggests taking it easy the first class and pushing yourself harder after that.



Opening spread: Spin bikes courtesy of F ywhee ; Sty ing by De vin Lugo; Hair by Matthew Tuozzo i/Artists by Timothy Priano; Makeup by Brett Jackson/Sarah Laird + Good Company; Grooming by Natasha Leibel/Artists by Timothy Priano

How to Excel in Basic Training

1) MORE THAN ANYTHING ELSE, HIT THE CARDIO HARD.

◆ "Most guys don't get enough cardio, so make it count in boot camp," Flexen says. That means pushing yourself to the point of failure on bodyweight exercises that make your heart pound, like mountain climbers, sprinters, burpees and squat jumps.

"This is metabolic cardio," says Flexen, "which means you'll be burning calories a lot longer, even when class is over" – an effect you can't get from jogging on a treadmill.

2) MAKE PT PART OF YOUR ROUTINE.

◆ You need at least a twice-a-week habit. When you're consistent, Flexen says, "you get stronger, your endurance improves, it takes longer to feel fatigued, your heart is strengthened and you burn more calories for a lot longer."

DON'T BE A DOUCHEBAG

◆ Don't get angry if the instructor yells at you. "If someone corrects your form, you're not being picked on, you're getting value from your training," Salvador says.

GEAR UP AND GO

Indoor cycling hardly needs an introduction. While recent news suggests that high-energy boutique studios have reinvented the wheel, so to speak, every class still comes down to one very simple action: riding a bike, hard. And what could be easier than that?

Well, riding one that stays upright on its own and doesn't go anywhere, for starters. If you're new to group fitness, this is your safe place. There are no special moves here; it's just you and the bike in your own personal pain cave – and, if you're lucky, an instructor who can lead you out. "It's simple," says Josh Taylor, a veteran spinning master instructor and former pro cyclist, "and it will give you an enormous calorie burn."

Ready to ride? Here's your road map.

How to Choose Your Peloton

◆ Start the search at your own gym, but be aware of the other options. You may end up at a boutique studio that conducts candlelit female-friendly classes and is variously described as a dance party, a meditation session and group therapy. Alternatively, you may find a studio that motivates clients with real-time ego-boosting contests to see who can work the hardest. (For the record, we prefer the latter – unless you want to increase your chances with the ladies.)

A good instructor is someone who motivates but doesn't annoy you. For targeted workouts that get results, Taylor suggests finding someone who's metric-based and goal-oriented. Also, check backgrounds to see who's an athlete and pay attention to certifications.

In class, listen for parameters – form checks, as well as breathing, resistance, RPM and power-output cues – that indicate a solid, technically based plan. And, of course, choose someone who's able to get you moving.

To start researching, call your gym and ask if one instructor is especially popular with blokes. And check out the internet for helpful reviews from satisfied and not-so-satisfied customers.

PEDALLING DOS AND DON'TS

DO Get to class 15 minutes early and ask the instructor for help setting your bike up with proper fit, checking seat height, fore-aft adjustment and handlebar height.

"If you're too low or too far forward, you're robbing yourself of power, you're robbing yourself of efficiency," says Taylor. Not to mention, you look like a goofball.

DON'T Pretend you're a pro fighting your way up the Pyrenees. Yes, you're here to ride, but that doesn't mean you should show up to class in full racing kit and act like you're Cadel Evans.

DON'T BE A DOUCHEBAG

◆ "Leave your phone in your locker," says cycling instructor Seth Maynard. "If you text in a dark room of 40-some people, you ruin the experience of everyone around you."

One cycling studio is better for sweating bullets, the other for meeting girls.

How to Spin Right

1) LEAVE YOUR ARMS OUT OF IT.

◆ The rise in boutique studios has allowed upper-body exercises – handlebar pushups and super-low-weight, high-repetition lifts – to infiltrate indoor cycling classes. But unless one kilo dumbbells and panda pushups are part of your regular upper-body routine, they're probably a waste of your time. Skip 'em and get more from your ride.

2) WORK AT YOUR LEVEL.

◆ "Your first indoor cycling class can be daunting," says Rush Hannigan, a leading studio instructor, "especially when you're surrounded by regulars who seem to know the cues before they even come." His advice: "Find a resistance level that's challenging but still manageable."

Feeling like crap? It's OK to take your resistance off, sit up and do your thing. "Don't let anybody bury you," Taylor says. "You're in control of the resistance, you're in control of your speed and the instructor is there to guide you on a great workout that's a lot of fun."

3) KEEP THE MOVEMENTS SIMPLE.

◆ OK, so there are moves in indoor cycling, but in most classes they're straightforward variations on sitting and standing, depending on whether or not you're "climbing". Relax and keep your bodyweight centred over the pedals. Don't lean on the handlebars when you're tired. Be wary of too much lateral movement and remember that if it doesn't feel right, it probably isn't.

And finally, it's BYOWB, or bring your own water bottle.

GET SORE TO THE CORE

You've seen them before on your gym's class list: 30-minute-long, must-be-intense classes with names like "Ab Lab", "Absolution" and, most tantalisingly, "Ass and Abs". Like late-night fitness infomercials, they promise to whittle your waist, improve your balance and posture, and flatten your stomach. All of which sounds like something more appropriate for women, so you keep scanning the schedule... Well, how wrong you are.

These are core classes; and while many promise to make your six-pack pop, that's just a surface look at what they're all about. "Most people think core is an ab class, where you're just doing crunches," says Nyree Brown, a group fitness instructor and personal trainer. "Your core isn't just that six-pack. It's all the muscles that surround and support your spine," including the transverse abdominis, internal obliques, multifidus, spinal erectors, lats, glutes and traps. Collectively, they're responsible for your posture and are the basis of your strength and power in sports and in the weight room.

Here's how to get hardcore about core strength.

How to Choose Your Core Session

◆ Generally speaking, there are two common core-class styles: high-energy "washboard abs" versions, where the majority of time is spent on dynamic exercises like crunches, situps, leg lifts and rotational exercises like Russian twists and woodchoppers; and more mellow, Pilates-style mat classes that focus on static holds like planks, Supermans and glute bridges, but spice them up with focused pulses that work deep-down muscles. Neither is objectively better – both will work your abs to exhaustion and, if taught correctly, give you a solid workout – so finding the right one is more about preference.

In her experience, guys tend to gravitate toward the more dynamic classes, Brown says. "They aren't as quick to do a low leg raise and hold as they are to do some sort of medicine ball exercise because it looks harder – and cooler." She has a point.

To pick the right class, then, she suggests reading the description: whereas kettlebells, medicine balls and crunches are giveaways of a dynamic class, Pilates and planks scream static. (Though, whatever your preference, it's not a bad idea to mix it up occasionally.)

When it comes to choosing an instructor, there are two guidelines. First, you want someone who takes the class beyond its "Athletic Abs" marketing gimmick and builds a balanced workout around all the core muscles. Second, you want someone who's constantly moving around the room, correcting students' alignment and form. "Be sure your instructor is as engaged as possible," Brown advises.

DON'T BE A DOUCHEBAG

◆ Don't go rogue. "When everyone in the room is doing a Russian twist, please don't be planking," Brown says – it throws off the class's energy. "It's the absolute worst! This isn't a one-on-one session and it's not your own thing, It's a *class*."

Attack Your Abs Right

1) KNOW IF YOU'RE IN THE WRONG PLACE.

◆ The whole point of a core class is to hit the core from every conceivable angle, says Brown, using "planks, spinal flexion, crunches, reverse crunches, situps, obliques with rotational exercises and bicycles and, finally, erectors with some Supermans." If it doesn't do that, you need to find a new class.

2) SPEAK UP.

◆ If an exercise feels uncomfortable, especially in your lower body, tell the instructor, who should be able to offer a modification so you're not risking injury.

3) SLOW DOWN.

◆ It's critical to perform dynamic exercises at a slow, steady pace, focusing on the target muscle through the entire range of motion. This is especially important when you start to get tired and other muscles try to make up for your fatigue.

CORE DOS AND DON'TS

DO Let the instructor know ahead of time if you have any injuries, particularly to the lower back. That way he or she can modify exercises to suit you or, depending on the severity of your problem, send you away. In either case, your back will thank you.

DON'T Wear the same workout clothes you've been rocking for a week. "You don't want to be the smelly one in the room," says certified fitness trainer Donovan Green, author of *No Excuses Fitness*. "It's embarrassing and it makes your classmates uncomfortable."



Swerve Fitness; Bryan Smith; Tone House; Simon McDermott-Johnson

Even More Class Action

Eight *Men's Fitness*-approved, highly specialised fitness classes that are worth the extra dough.

Heavy Metal Cycling

◆ AC/DC in place of the usual pop crap. Meet the closest thing to a mosh workout. ***fitnessfirst.com.au***

Broga

◆ In this yoga program designed around men's bodies, it's OK if you can't touch your toes. The focus here is on core-strengthening, muscle-toning poses that guys can do; with enough practice, flexibility will follow. ***flowathletic.com.au***





"Your core isn't just that six-pack. It's the muscles that support your spine."

Pilates

◆ It turns out that Joseph Pilates, the inventor of the once-maligned full-body workout of the same name, was a totally badass-looking German boxer. Today, Pilates is used as a performance enhancer by AFL stars such as Jarrad Waite and Tom Hawkins. So, yeah, get over it. ***fitnessfirst.com.au***

HIIT Blast

◆ Strap yourself in for hardcore bodyweight, plyometric and athletic movements. A total muscle blitz. ***fitnessfirst.com.au***



Schoolyard Games

◆ By adding a competitive element to high-intensity sprint rowing, body-weight circuits, and games like dodgeball, Fitness First makes working out feel like recess. Just hope you're not picked last. ***fitness first.com.au***

Treadmill "Spinning"

◆ At Fitness First's High Performance Club there are no rows of stationary bikes. Instead there are treadmills which automatically adjust speed and incline while you sweat through workouts developed by a pro-level coach and personalised to fit your pace and ability. ***fitnessfirst.com.au***

WaterRower Classes

◆ Full-on mechanical rowing using water as resistance for better muscle growth. ***fitnessfirst.com.au***



Adventure Training

◆ Joe's Basecamp has courses aimed at people tackling specialist adventures or knocking off bucket list items. Perfect if you're gearing up to tackle Kokoda, trek Kilimanjaro or run the North Face 100. ***joesbasecamp.com.au***



If "bag work" is in the class's description, you'll be training like a real fighter.

UNLEASH YOUR AGGRESSION

Any guy who's ever watched pro boxing has, at some point, wanted to earn a boxer's chiselled, powerful physique and test himself in the ring. But the only practical way to get that combination of full-body training – meaning bottom-up strength, speed, agility and cardiovascular endurance – was to join a gym and commit yourself, *Rocky*-style, to a one-on-one trainer. Today, though, with the rising popularity of UFC and mixed martial arts, many black-belt-level gyms – boxing, MMA, jiu-jitsu and Muay Thai (a badass ancestor of kickboxing) places – have expanded their offerings to include programs for the average Joe looking to develop a fighter's raw fitness. And most of your standard gyms also offer classes in the basics. Here's how to get a kick-arse workout without getting your arse kicked.

How to Choose Your Class

◆ Most gyms offer group classes modelled after combat sports. For the most part, these classes are "choreographed and the instructor is bouncing-off-the-walls energetic," says Ryan George, a personal trainer and fitness instructor who also teaches Muay Thai. "There's not much technique involved and rarely any focus on sparring or getting better."

For example, if the word *cardio* is in the name, it's probably a dance-y class set to music, à la Tae Bo. But if *boot camp* or *bag work* are in the description, you'll likely be doing some of the same stuff as actual fighters. (If you really want to fight, though, you'll need to find a specialty gym.)

Says lead instructor Alberto Ortiz, the first order of business is to look at the instructor's teaching philosophy and background and consider other indicators as well, such as updated equipment and consistent, well-run classes.

And while many new boxers and fighters naturally gravitate towards former fighters as trainers, Ortiz cautions against it, pointing out that physical skill doesn't always translate to teaching ability. "Punching the pads and holding them are two different angles," he says. "It's the difference between being an actor and being a director."

DON'T BE A DOUCHEBAG

◆ When it comes to sparring, remember: "You're playing at sparring," George says. So trying to hurt someone isn't cool. "It's gym etiquette that if you go too hard, they have the green light to make you pay for it."

Punch It Out Right

1) ARM YOURSELF WITH COMBAT 101.
◆ Most gyms have roughly three levels of classes: beginner-friendly sessions run boot-camp style, where you punch and/or kick bags and mitts, jump rope, do bodyweight exercises, etc, but don't fight; intermediate classes where you start out shadowboxing then learn more advanced techniques and combos before advancing to technical sparring; and advanced fight classes, for those who really embrace the sport and want to excel in it – and, perhaps, compete.

2) STAY LOOSE.
◆ In combat classes more than any other genre, being flexible – the surefire way to stave off injury – is paramount. "If you're really tight," George says, "it's tough to let the movements flow." Combat sports are about power, yes, but they're also about speed. So stretch beforehand and try to stay loose throughout the session. You'll be faster, expend less energy and have the best chance of avoiding getting hurt.

3) FOCUS ON YOUR HIPS.
◆ "Being able to generate and drive power from your hips is probably the most important thing when it comes to almost any combat sport," says George. Proper punches, kicks and throws all draw their power and effectiveness from the hips.

QUICK DOS AND DON'TS

DO Remember to breathe. The root of most form mistakes is your overactive brain. Calm down, focus on your target and don't worry about how you look. "Who cares if you look like crap?" Ortiz says. "Even Mike Tyson looked like crap the first time he hit a bag."

DON'T Swing for the fences during instructor pad work. "They're called focus mitts," Ortiz says. "The point is to keep your eyes focused on the target and move when the trainer throws a punch, not throw all your weight at my rotator cuff."

Choose Your Discipline

Clear your mind, Grasshopper, and learn which combat discipline is right for you. Here's a quick primer on the basic genres.

MIXED MARTIAL ARTS MMA is a full-contact mishmash of boxing, Muay Thai, kickboxing, wrestling, judo, karate, jiu-jitsu and taekwondo. This makes it perfect for guys who have short attention spans, since they can easily work on a different skill set – grappling, striking, takedown – every single day.

MUAY THAI An older, more badass ancestor of the kickboxing we're familiar with (thanks, *Bloodsport*), Muay Thai allows fighters to hit with their knees and elbows, too, and incorporates upright grappling called "clinching". With its small formalities – the bow to your trainer, the prefight *wai khru* (a ceremonial dance), the master-servant relationship between trainer and student – Muay Thai is great for guys who are looking for something more spiritual than the usual boxing.

BOXING The "sweet science" is the fastest-paced of the disciplines – and, with no kicking, the easiest to learn. That's why "type A personalities seem to do best with boxing," says George. "Some people just want to get in there and punch the shit out of something." ■

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FOR CORE CLASSES
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FOR COMBAT SCHOOL
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Protect your hands with these supportive, high-quality, made-in-Japan gloves and hand wraps. Gloves, $90; hand wraps, $13; *hayabusafight.com*



FOR CYCLING INDOORS
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Built from X LITE PRO, the world's lightest exercise fabric, this high-tech singlet will power you up in wet and dry conditions. $80; *2xu.com.au*

Still life: Nick Ferrari; Still life prop styling by Rachel Stickley/Bernstein and Andriulli



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GRILL YOUR GUT OFF

Be the envy of your mates with a grand final barbecue that not only tastes great but is healthy, too.

BY SUNNY ANDERSON

The end of the footy season coincides with the start of the barbecuing season. The pinnacle of a burnt-animal-on-a-grill bash for many blokes is the grand final barbie when mates come to sample the cook's culinary skills while drinking their team's sorrows away and shouting abuse at the TV screen. It's a tough gig. To make sure you pass muster, we've assembled a bunch of easy-to-make recipes that won't bloat your belly and will heaps-impress your sozzled buddies.

PRO TIP

When lighting a barbecue, keep the lid open and don't lean over it. If wind blows out the flame, turn the gas off and wait 15 minutes before relighting.



One chicken wing can contain up to 26g of muscle-building protein.

Dry-Rub Grilled Hot Wings

MAKES: 4 SERVINGS

INGREDIENTS

1kg chicken wings
2 tbsp olive oil
1 tsp garlic powder
1 tsp pepper
1 tsp red hot paprika
1 tsp onion powder
1 ½ tsp crushed red capsicum
1 tsp cayenne pepper
chilli sauce

DIRECTIONS

1) Preheat grill. Rub chicken wings with olive oil and combine spices. Rub wings with spice mix.

2) Place wings on grill and cook both sides until cooked through. Remove from grill and drizzle with chilli sauce.

NUTRITION (PER SERVING)

531 calories, 70g protein, 2g carbs, 26g fat

Grilled Corn with Honey-Basil Butter

MAKES: 4 SERVINGS

INGREDIENTS

4 ears sweet corn
2 tbsp unsalted butter, softened
1 tbsp thinly sliced basil
1 tsp raw honey
Sea salt, to taste

DIRECTIONS

1) Remove dry outer leaves from corncobs. Peel back additional layers but keep them attached. Remove silk.

2) Preheat grill. In a bowl, stir together butter, basil and honey.

3) Spread butter mixture on cobs until covered. Rewrap husks to cover cobs, twisting the tops to make sure they stay closed.

4) Grill corn over medium heat until lightly charred and tender. Remove corn from heat and set aside until cool enough to touch. Remove husks and serve alongside remaining honey-basil butter. Salt to taste.

NUTRITION (PER SERVING)

115 calories, 2g protein, 16g carbs, 6g fat

Christopher Testani



Pork Tenderloin with Berry Jam

MAKES: 6 SERVINGS

INGREDIENTS

FOR THE QUINOA AND SPINACH:

- 2 cups quinoa
- 1 cup low-sodium vegetable stock
- 250g bag prewashed baby spinach
- 3 tsp granulated garlic
- 2 tsp fresh cracked black pepper
- 2 tsp apple sauce

FOR THE JAM:

- 1 chilli seeded and roughly chopped
- ½ cup apples, peeled and diced small
- 3 tbsp organic apple sauce
- 1½ cups any type of quality berry jam
- 1 jalapeño chopped
- ½ cup tap water

FOR THE TENDERLOIN:

- 2 tbsp smoky barbecue sauce
- 2 tbsp apple sauce
- 4 tbsp freshly picked rosemary, minced (reserve 1 tbsp for sauce and a few sprigs for garnish)
- 2 tbsp blackened fish seasoning
- 2 tbsp granulated garlic
- 2 tsp garlic salt
- 1.25kg pork tenderloin, skin removed

DIRECTIONS

FOR THE QUINOA AND SPINACH:

1) Prepare quinoa according to package directions but substitute vegetable stock for water. Gently fold in spinach, garlic, pepper and apple sauce. Cover and set aside.

FOR THE JAM:

1) While quinoa cooks, combine chilli, apples, apple sauce and jams. Bring to a boil and then reduce heat and cook an additional 10 minutes. Remove ⅓ cup of jam mixture and combine with ½ cup water and 1 tbsp rosemary to make a sauce for basting the tenderloin; set aside.

FOR THE TENDERLOIN:

1) Heat grill to 190°. Blend barbecue sauce, apple sauce, rosemary, fish seasoning, granulated garlic and garlic salt in a small bowl. Using gloved hands, rub pork with the adobo-garlic mixture.

2) Use a brush or an old kitchen towel to oil the grill. Add meat to grill and brush it generously with the reserved basting sauce. Close lid and cook 6–8 minutes.

3) Turn pork and baste again. Cook another 7 minutes, or until thermometer inserted reads 70–80°.

4) Remove pork from grill, loosely tent with foil and let rest for 10 minutes. Slice pork on the diagonal about 1cm thick.

PLATING:

Use a mold or a plastic bottle or soft-drink can that has been cut to resemble a 3cm-thick, 8cm diameter disc. For each plate, place ⅓ cup of the quinoa-and-spinach mixture in the mold and lightly press down. Turn over onto plate. Add 1 tbsp or so of jam to the quinoa along with 3 slices of pork. Top pork with a little more jam, add a rosemary sprig and serve immediately.

NUTRITION (PER SERVING)

871 calories, 65g protein, 118g carbs, 15g fat



Your barbecue should sit on a level surface at least 2m away from your house.

Grilled Peaches with Greek Yoghurt

MAKES: 3 SERVINGS

INGREDIENTS

- 3 ripe peaches
- 2 cups plain Greek yoghurt
- ¼ cup honey
- Cinnamon powder, to taste

DIRECTIONS

1) Preheat grill. Slice peaches in half and remove pits.
2) Combine yoghurt and honey in a bowl and mix until well blended.
3) Place peach halves facedown on grill and cook to taste. When grill marks are visible on peaches, remove and place in a bowl.
4) Top peaches with yoghurt mixture. Garnish with a dash of cinnamon and serve warm.

NUTRITION (PER SERVING)

237 calories, 16g protein, 39g carbs, 3g fat

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Grilled Orange Beef & Broccoli

MAKES: 4 SERVINGS

INGREDIENTS

FOR THE BEEF:

- 2 cups orange juice
- 2 tsp kosher salt
- 900g flank steak
- 1 tbsp Italian seasoning
- 2 tbsp salt
- ½ tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp chilli powder

FOR THE BROCCOLI:

- 2 heads broccoli
- ¼ cup olive oil, plus a few tbsp
- Salt and pepper, to taste
- 2 tbsp orange juice
- 2 tbsp shallot, finely chopped
- 1 tsp Dijon mustard

DIRECTIONS

FOR THE BEEF:

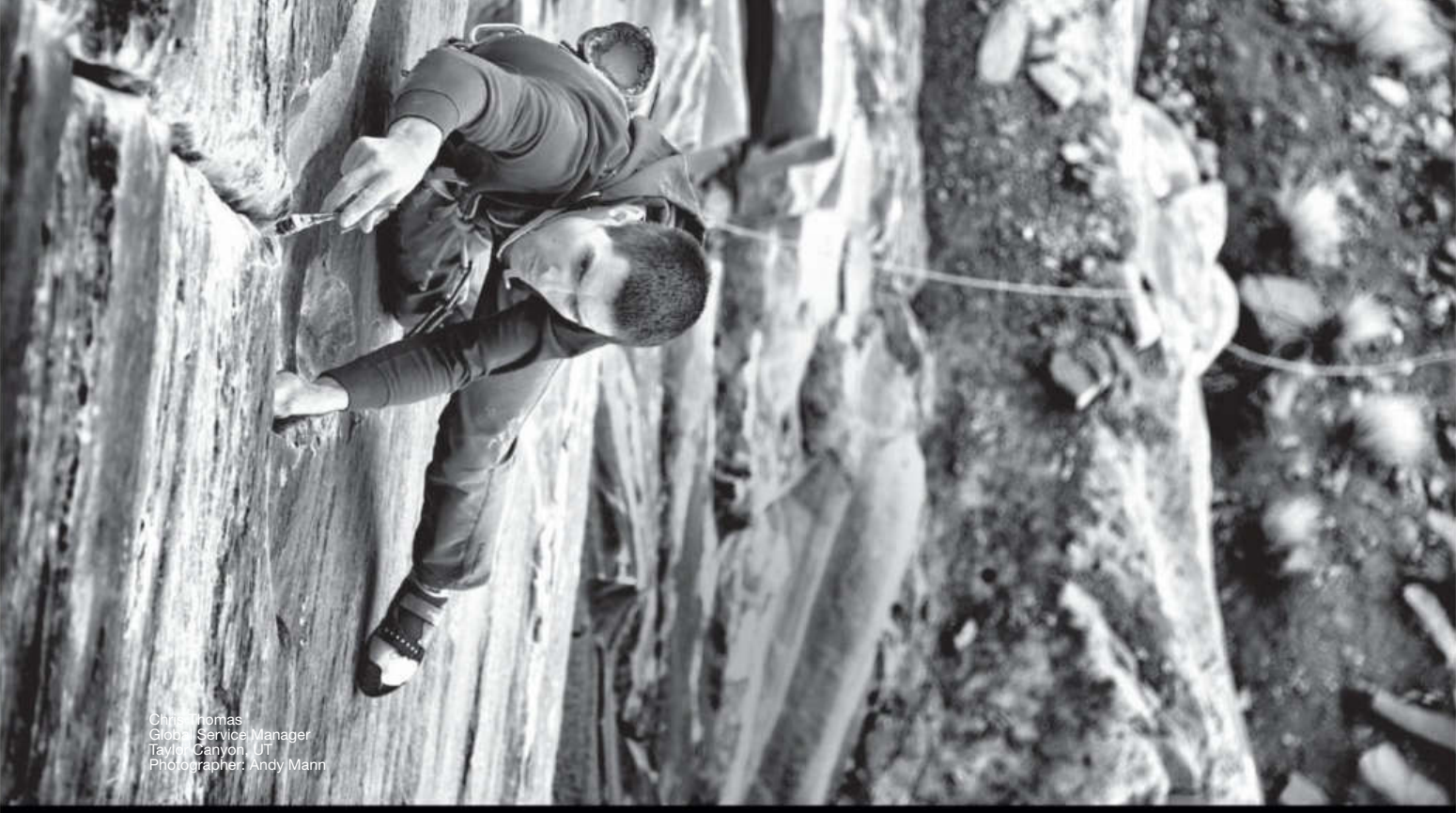
1) In a saucepan, cook orange juice until it's reduced by half. Add salt. Remove from heat and let cool.
2) Once cool, pour the juice into a large dish or ziplock bag and add steak. Let marinate in the fridge for 1–2 hours.
3) While steak marinates, prepare dry rub. Mix Italian seasoning, salt, pepper, garlic powder, onion powder and chilli powder in a bowl.
4) After 1 hour, remove steak from marinade and rub with seasoning mixture. Let steak sit at room temperature for another hour.
5) When ready to cook, heat grill on high. Rub steak with a little olive oil and spritz with cooking spray before placing it on the hot grill. Cook to desired doneness. Remove steak to a carving board and allow to rest 10 minutes. Slice and serve.

FOR THE BROCCOLI:

1) Cut the heads of broccoli into long florets, keeping most of the stems on.
2) Bring a large pot of water to the boil. Add salt. Add broccoli to the hot water and cook for 1 minute. Remove florets to a bath of ice water.
3) Remove broccoli from ice water and dry. Rub each broccoli piece with olive oil and season with salt and pepper.
4) For the dressing, whisk together orange juice, shallot, mustard, ¼ cup olive oil and salt and pepper in a small bowl.
5) Grill broccoli until charred and tender, then toss with dressing and serve.

NUTRITION (PER SERVING)

707 calories, 66g protein, 20g carbs, 40g fat



Chris Thomas
Global Service Manager
Taylor Canyon, UT
Photographer: Andy Mann













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RED BULL ZERO

Edited by Sean Hyson

The Body Book



TRAIN SLOW, RACE FAST

Words Sam Rider Photography iStock

▪ Train at a low intensity for 80% of your running training and go full throttle 20% of the time. That's the formula to get you to the finish line faster, according to new research published in the *Journal Of Sports Physiology And Performance*. Recreational runners who used the 80/20 rule over a ten-week period improved their 10K times by 41 seconds. A study of elite Canadian marathoners, meanwhile, showed they do 74% of their training at low intensities.

While it's tempting to go as hard as you can, these figures suggest that training at a low intensity produces all the adaptations you need to get quicker – without incurring the stress to your nervous system that makes your results stagnate. How hard is too hard? Matt Fitzgerald, author of *80/20 Running: Run Stronger And Race Faster By Training Slower*, suggests monitoring your heartrate to keep it in the low-intensity zone. If you train five times a week, keep your heartrate below 77% of its max for four days, save those lung-busting all-out efforts for one workout, and get a new PB in double-quick time.



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Push, pull, gain

Want to get jacked for summer? All you need is this simplified split – the antidote to a stale body-part routine.
By Sean Hyson

We know you love your body-part-focused routine the way you loved your old teddy bear. But much like him, that program is worn out – and hanging on to it is kind of silly. Dividing your workouts into chest days, shoulder days and so on presents a host of problems and could actually be holding back muscle growth rather than promoting it. Our answer: switch to a classic push-pull split to simplify your training and see faster gains in a month.

HOW IT WORKS

Dividing your body into different parts doesn't take into account how it actually moves and which muscles are involved in each movement. You may intend to work only chest one day, but any pressing or flyes you do will inevitably work your shoulders as well.

If you follow that with an all-shoulder workout within a couple of days, don't expect your delts (and shoulder joints) to be ready for the effort; and if you work triceps a day or so after that, you risk overtraining them as well, since they also assist in most chest and shoulder exercises.

In contrast, you could organise your workout according to pushing and pulling movements, so your chest, shoulders, thighs and tri's get hit on the push day, and your back, hamstrings, biceps and rear delts get worked on the pull days. Then you can repeat both workouts once more in the same week, doubling the frequency each muscle gets trained without impacting its recovery.

Plus, by working your muscles from head to toe each session, you'll burn more calories and release more muscle-building hormones than you would hitting one area at a time.

Directions

Perform each workout (Day I, II, III and IV) once per week. Exercises marked "A" and "B" are alternated, so you'll do one set of A, rest as needed, then B and repeat until all sets are completed for the pair. Perform the remaining exercises as straight sets.



IF THE GOBLET SQUAT IS TOO EASY, PERFORM A FRONT SQUAT WITH A BARBELL INSTEAD.



Day I PUSH

1A GOBLET SQUAT

Sets: 4 Reps: 6

Hold a dumbbell (or kettlebell) by one of its bell ends under your chin with both hands. Stand with feet shoulder-width apart and turn your toes out a few degrees. Push your hips back and squat as low as you can.

1B BENCH PRESS

Sets: 4 Reps: 6

Lie back on a bench and grasp the bar with hands just outside shoulder width. Arch your back and tighten your glutes and abs. Pull the bar out of the rack and lower it to your sternum. Push your feet into the floor as you press.



2 DUMBBELL OVERHEAD PRESS

Sets: 4 Reps: 6

Stand holding a dumbbell in each hand at shoulder level. Brace your abs and press the weights overhead.

3 DIP

Sets: 4 Reps: 6

Lower yourself until your upper arms are parallel to the floor. If your bodyweight alone is too easy, add weight with a belt.

James Michelfelder / Styling by Shandi Alexander; Grooming by Lydia Sellers/Exclusive Artists using Kevin Murphy Hair Care

4 ONE-LEGGED PLANK

Sets: 3 Reps: Hold as long as possible

Get into a pushup position and then lower your forearms to the floor. Hold your body in a straight line and brace your abs. Raise one leg off the floor. Switch the leg that's raised when you need to and hold until you feel your lower back is about to sag.



Day II PULL

1A LYING LEG CURL

Sets: 3 Reps: 15

Lie facedown on the machine and align the axis of rotation to your knees. Curl the weight up and lower it under control.

1B DUMBBELL ROW

Sets: 3 Reps: 12 (each side)

Hold a dumbbell in one hand and rest the opposite arm and knee on a bench. Pull the weight up to the outside of your hip and lower it until you feel a stretch in your lat.





ORGANISING WORKOUTS BY PUSH AND PULL MOVEMENTS ENSURES PROPER RECOVERY.

2 FACE-PULL

Sets: 3 Reps: 12

Attach a rope handle to the top pulley of a cable station and hold an end in each hand. Stand back from the machine far enough to feel a stretch on the back of your shoulders and pull the rope to your forehead, flaring your elbows out to the sides.





3 BENT-OVER LATERAL RAISE

Sets: 2 Reps: 12

Hold a dumbbell in each hand and bend your hips back until your torso is parallel to the floor. Raise the weights 90 degrees out to your sides as you squeeze your shoulder blades together.



4 INCLINE DUMBBELL CURL

Sets: 3 Reps: 12

Set an adjustable bench to a 45- to 60-degree incline and lie back against it with a dumbbell in each hand. Hold the weights with palms up and, keeping your upper arms vertical, curl the weights up.



Day III PUSH

1A LANDMINE PRESS

Sets: 3 Reps: 12 (each side)

Wedge the end of a barbell into a corner or load it into a landmine station. Load the opposite end with weight and grasp it towards the end of the sleeve with your left hand. Stand with feet shoulder width and press the bar overhead.

1B REVERSE LUNGE

Sets: 3 Reps: 12 (each side)

Hold a dumbbell in each hand and step back with your right leg. Lower your body until your front thigh is parallel to the floor and your rear knee almost touches the floor.



2 DECLINE PUSHUP

Sets: 3 Reps: As many as possible

Rest your feet up on a bench and place your hands on the floor at shoulder-width apart. Lower your body until your chest is just above the floor and push back up.

3 TRICEPS PUSHDOWN

Sets: 3 Reps: 12

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Push the weight down to lock out your elbows and then let your elbows drift back slightly on the way up so you feel a stretch in your triceps.



WRAP A TOWEL AROUND THE END OF THE BAR TO AVOID DAMAGING THE WALLS OF YOUR GYM.

4 FEET-ELEVATED SIDE PLANK

Sets: 3 Reps: Hold as long as possible (each side)

Lie on your left side and place your left forearm on the floor for support. Rest your feet on a bench and stack them. Raise your hips off the floor until your body forms a straight line and brace your abs. Hold the position.



Day IV PULL

1 WEIGHTED CHINUP

Sets: 4 Reps: 6

Attach a weighted belt around your waist and hang from a chinup bar with hands at shoulder width and palms facing you. Pull yourself up until your chin is over the bar. If it's too difficult to do with added weight, using your bodyweight alone is fine.

2 ROMANIAN DEADLIFT

Sets: 4 Reps: 6

Hold a barbell with a shoulder-width grip and stand with feet hip width. Bend your hips back as far as you can. Allow your knees to bend as needed while you lower the bar along your shins until you feel a stretch in your hamstrings. Keep your lower back arched throughout.

3 WIDE-GRIP CABLE ROW

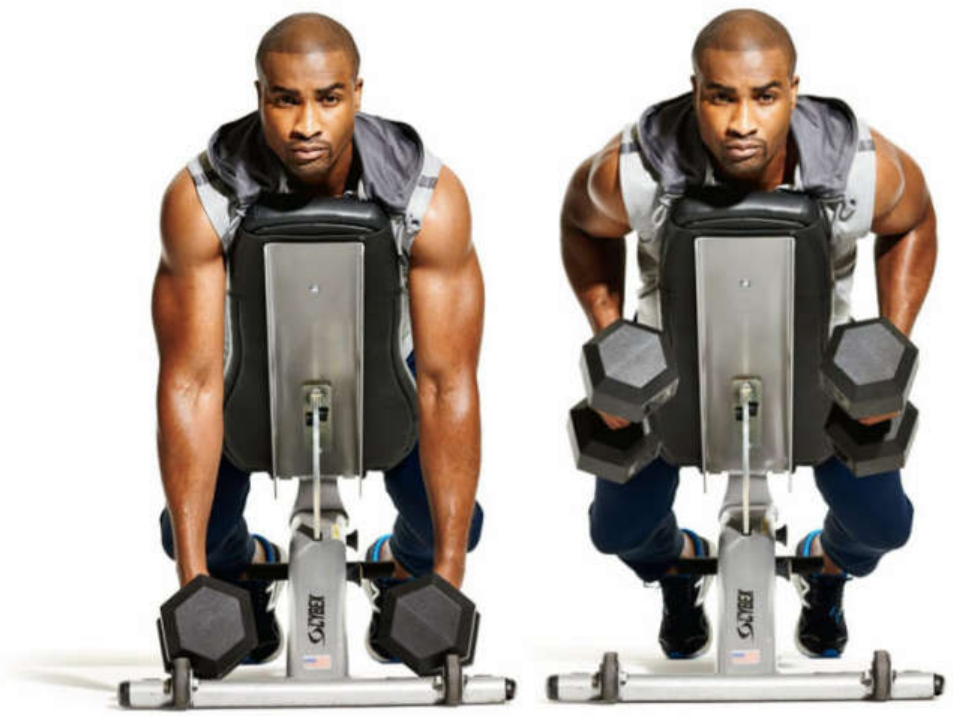
Sets: 4 Reps: 6

Attach a long straight bar to a cable row machine and sit on the bench with your feet against the foot plate. Row the bar to your sternum and, as you lower the weight, bend forward slightly at the hips so you feel a stretch in your lats at the bottom.

4 ▽ CHEST-SUPPORTED ROW

Sets: 3 Reps: 6

Set an adjustable bench to about a 45-degree angle and lie facedown on it with a dumbbell in each hand. Row the weights to your sides, squeezing your shoulder blades together at the top.







5 EZ-BAR CURL

Sets: 4 Reps: 6

Hold an EZ bar with a shoulder-width grip and palms facing up. Keeping your upper arms at your sides, curl the bar up.

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NAME: IAN KING
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HOW CAN I BUILD MORE FAST-TWITCH MUSCLE?

Ian King has coached Olympic athletes in 20 sports and says anyone can develop fast-twitch muscle and become more explosive.

Ever heard someone complain that they are hampered by a natural lack of fast-twitch muscle? It's just not true. Whatever genetic hand nature has dealt you, you can increase your ratio of fast-twitch to slow-twitch muscle fibres by working out in a way that forces your body to adapt.

Everyone has two types of muscle fibre: fast-twitch, which generates explosive power, and slow-twitch, which generates less power but can work for longer. Having lots of slow-twitch fibres is ideal for endurance sports such as triathlon, but for explosive activities such as weightlifting, sprinting or football, you need more fast-twitch fibres.

How much you have of both types can vary dramatically, but even if you're mainly a slow-twitch guy – probably due to a combination of genes and gradual adaptations – you can still turn yourself into a fast-twitch machine.

LESS IS MORE

The key is to encourage this adaptation while cutting back on counter-productive slow-twitch activities. You might love running 5K or 10K three times a week, but if you want to be more explosive, you need to focus on training that develops more fast-twitch muscle.

I recommend four workouts a week, alternating between upper and lower body. Do free weight-based compound moves as fast as possible, with five-minute rests between sets. Even if you're not moving the weight very fast, by trying to lift it explosively you prompt the body to develop more fast-twitch muscle. The long rest periods allow for full metabolic and neural recovery – but they won't make for epic two-hour gym sessions. The aim is quality not quantity, with low rep ranges based on your experience – six to eight reps per set if you've been training for two years or less, four to six reps for two to five years and one to four reps for five years plus – and a maximum of ten working sets, split between three or four exercises.

People tend to focus on pushing movements such as benching for their upper body and quad-dominant exercises like squatting for their lower body, which can lead to muscle imbalances. To counteract this, I would fill the first upper-body workout of the week with pulling moves and the first lower-body session with hip-dominant moves (see below).

Stick to this plan and your lifting will improve, you'll be more athletic on the sports pitch and more effective at day-to-day activities such as sprinting to catch a bus.

FAST AND FURIOUS

Use King's explosive workouts to build fast-twitch muscle and correct muscle imbalances. Do ten sets in each workout, starting with six to eight reps of each move. Rest five minutes between sets.

UPPER BODY

Barbell bent-over row
Hinge forward at the hips and pull the bar up to your lower sternum, using an overhand grip.

Chinup
Grasp the bar underhand. Brace your core and pull yourself up until your chin is above the bar.

Barbell biceps curl
Curl the bar up to your chest, keeping your core braced and using an underhand grip.

LOWER BODY

Power clean
Lift the bar explosively to chest height, drop into a half squat to catch it on your chest, then stand.

Deadlift
With an overhand grip on the bar, drive through your heels and contract your glutes as you stand.

Romanian deadlift
With knees slightly bent and back straight, lower until you feel a stretch in your hams.

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Bedroom gymnastics

Build all-over strength without having to leave your lair.

Current thinking has decreed that to maximise your body's Pavlovian sleep response, you should only do two things in bed – and training isn't one of them. Thankfully, there's nothing to stop you from using your bedroom furniture to enhance your training efforts – and this circuit, created by performance specialist Gregg Slater, will do just that. And yes, it might even help with the other thing.

HOW IT WORKS

Complete all the reps of each move without resting. Rest for 90 seconds, then repeat for four rounds. You should probably shower before bed, of course.

1 SUPPORTED PISTOL

Reps 6 each side

Hold the edge of a doorframe, pillar or something similar and drop into a pistol squat with one leg extended and the other flat on the floor. Drive through the heel to press up. As you improve, use less support.



Words Joe Snape Photography Tom Mi es Mode A ex McDona d@WAth etic Grooming Alice Theobald@Joy Goodman using Label M and Clarins Men

2

NORDIC HAMSTRING CURL

Reps 12

Tuck your feet under your bed or a similarly heavy object. From your knees, straighten up and then "fall" forward, resisting gravity with your hamstrings for as long as possible, keeping your core braced. Catch yourself on your hands and push back up to the start position.

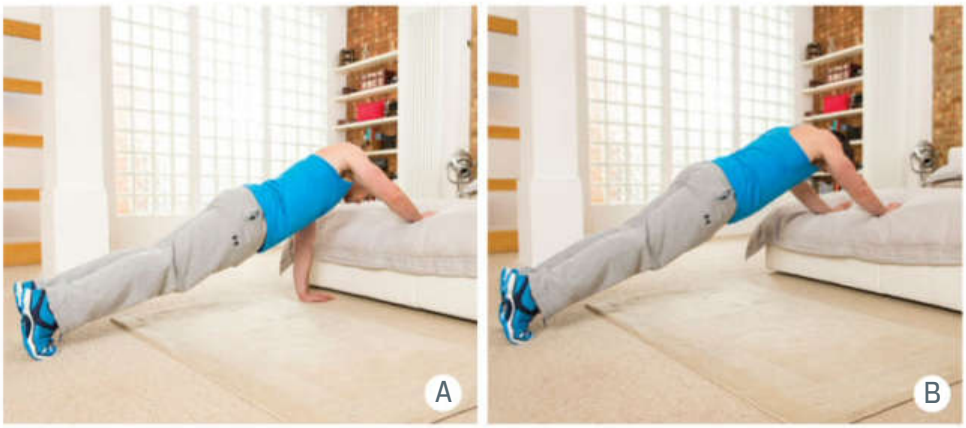


3

WALKING PLANK

Reps 12

Start in a pushup position in front of a raised platform. Walk one hand at a time up onto it, then back down to complete one rep.



4

ARCHER PUSHUP

Reps 6 each side

Start in a pushup position with your hands wide. Lower down to one side, then push back up and lower to the other side.

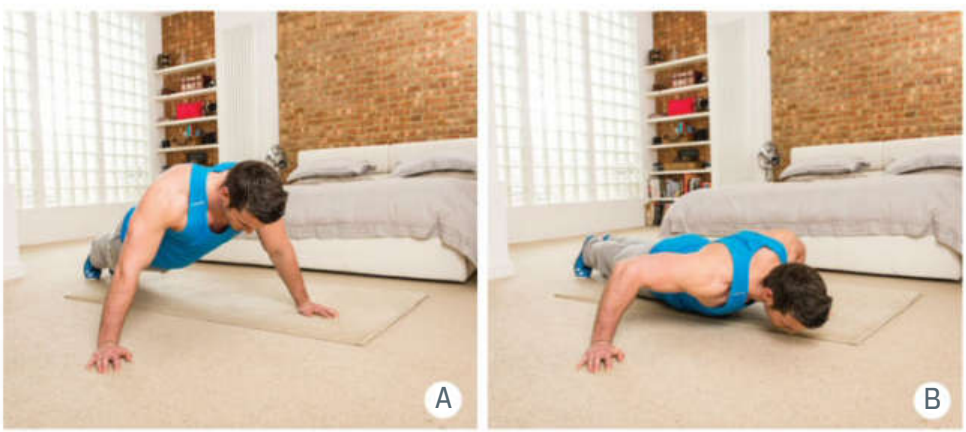


5

WIDE-GRIP PUSHUP

Reps 12

Start in a pushup position with your hands wide. Lower until your chest touches the floor, then push back up.





The wheel deal? *Working with a PT isn't for everybody.*

DO I NEED A PERSONAL TRAINER TO ACHIEVE MY GOALS?

Regular PT sessions can cost a small fortune, but it might be worth it, depending on your fitness aims.



No

says Tom Henry, a pro CrossFit trainer and ex-soldier

I've never had – or felt as if I've needed – a personal trainer. I was in the army for five years and then got into CrossFit, partly because of the camaraderie that comes from a group of people all working hard to better themselves. It creates a unique community spirit that you just can't get from a one-on-one PT session.

Humans thrive on competition, so training in a group is a great way to get you to push as hard as you can. I have PT clients, but I actively encourage them to take part in group workouts whenever possible because of the atmosphere. When you're side by side with someone doing the same workout, you're always going to lift heavier, move faster and hold on for longer.

"GROUP EXERCISE IS BETTER – AND CHEAPER."

Aside from the motivating and fun nature of group exercise, it'll also save you money – it's far cheaper than personal training. Some people may argue that it's safer for novices to train with a PT, but that's not true as long as the fundamental movements are learnt properly first.

Having said all that, I have to admit there are some instances where getting a personal trainer can be beneficial.

Not everyone wants to achieve the same results from their training and some people use a PT because they have specific aesthetic goals that might require a more tailored training program. If you're recovering from an injury or you don't yet have the confidence or knowhow to train by yourself or in a group environment, go to a PT. But do you need a personal trainer to make leaps and bounds in your strength and overall fitness? Hell no.



Yes

says Matt Roberts, owner of the biggest operator of private PT clubs in the world

I opened the first-ever personal-training gym in Europe because there was a lack of skilled pros dedicated to helping people get the most out of their training. If you take your performance seriously, you're missing a trick by not enlisting the help of a PT – no matter what your goals are.

On a basic level, a PT will help motivate you not to skip sessions and will ensure you make the best use of your time at the gym. But more importantly, anything that's tailored specifically to you will be more effective than working on your own or in a class. A good trainer is constantly observing and adapting the session in response to your performance – that's just not possible in a group or solo setting.

Safety is also a crucial factor and any good PT should spend time teaching you correct form. Too many people start training without the proper guidance and pick up bad – and potentially dangerous – habits that are hard to get out of.

"TRAINING TAILORED TO YOU IS MORE EFFECTIVE."

I'm not saying you need to train with a PT for every session, or that one personal trainer can help you achieve every goal. A good PT trains a client to fully understand their body, the plan, the exercises and techniques. The knowledge you acquire can be carried over to solo training sessions and any PT who thinks you should work only with them is a charlatan.

But the benefits you will get from having a bespoke, adaptive training plan from an expert are undeniable. It's not as if there's one area that will benefit more or less – every area can benefit from specialist help.

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STRIKE A POSE

Use yoga to improve your running technique without pounding the pavements.



THE COACH

Drew Fuller is a championship-level triathlete. He schedules his training around a full-time job and works to create yoga routines for triathletes, which provide a cardio workout and reduce injury risk for runners.

THE GOAL

"Adding an active yoga workout into your training regime will improve your running technique, lessen your risk of injury and counter the adverse effects running has on your body," says Fuller. "Bikram yoga, in contrast to other gentler forms of yoga, offers a full-body workout that boosts cardiovascular fitness, strength and flexibility. Yoga is also great for developing balance, which is important for runners because they're literally hopping from foot to foot as they run."

THE WORKOUT

"Do this set of poses at least twice a week, repeating the whole lot for a total of three circuits," says Fuller. "They can be performed in isolation or before or after a run, and each move should flow into the next. Normally these poses are performed in a heated room to ensure the muscles are loose and supple, so it's important to make sure your body is properly warmed up first. Doing them straight after a hot shower or bath is perfect – although you may need another wash by the time you've finished." ■



1 CAT STRETCH

Get on all fours with hands shoulder-width apart, knees hip-width apart and spine neutral. Breathe deeply in and out through your nose six times. Every time you inhale, raise your tailbone, chin and chest, arching your spine. Every time you exhale, round your spine, press on the floor, tuck your chin in to your chest and suck your navel in to your spine.

Beginner 3 reps
Intermediate 4 reps
Advanced 5 reps



1 DOWNWARD DOG

Put your hands in front of your shoulders. Draw your elbows towards your head, tuck your toes under and lift your knees slightly. With arms straight and knees bent, raise your tailbone. Keep your spine neutral, straighten your legs and hold for the allotted number of breaths. This lengthens the hamstrings, calves and lower back and opens your shoulders.

Beginner 4 breaths
Intermediate 6 breaths
Advanced 8 breaths



1 TWISTING AWKWARD POSE

With feet and knees together, bend your knees and lower your hips. Hold your arms out in front, then bring your palms together. Rotate to touch your elbow to the opposite knee. Breathe, then repeat on the other side.

Beginner 2 breaths each side
Intermediate 4 breaths each side
Advanced 6 breaths each side



1 EAGLE

Bring your right arm under your left, crossing at the elbows and wrists and interlacing your fingers. Bring your right leg over your left leg, crossing at the thighs, and tuck your toes behind your left calf. Lower as far as possible, squeezing your thighs and arms together. Hold and breathe, then repeat on the other side.

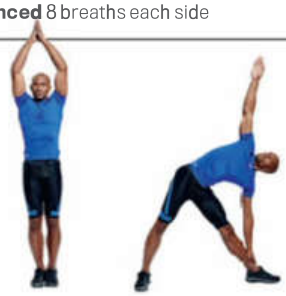
Beginner 4 breaths each side
Intermediate 6 breaths each side
Advanced 8 breaths each side



1 BALANCING STICK

With feet together, raise your arms overhead, interlacing your fingers and releasing your index fingers. Step forward with your right leg and lift your left leg off the ground behind you. Stretch up, then bend forward until your torso and raised leg are horizontal. Stretch your body to lengthen your spine. Hold for the prescribed time, then swap legs.

Beginner 8sec. each side
Intermediate 10sec. each side
Advanced 12sec. each side



1 EXTENDED TRIANGLE

Raise your arms overhead, palms touching. Sidestep so your feet are twice shoulder-width apart. Turn your left foot out 90°. Stretch to your left and reach for your left shin, twisting to look at the ceiling. Hold and breathe as instructed. Repeat on the other side.

Beginner 4 breaths each side
Intermediate 6 breaths each side
Advanced 8 breaths each side

Words Sam Rider Photography Joel Anderson Model Richard Ampaw@Select

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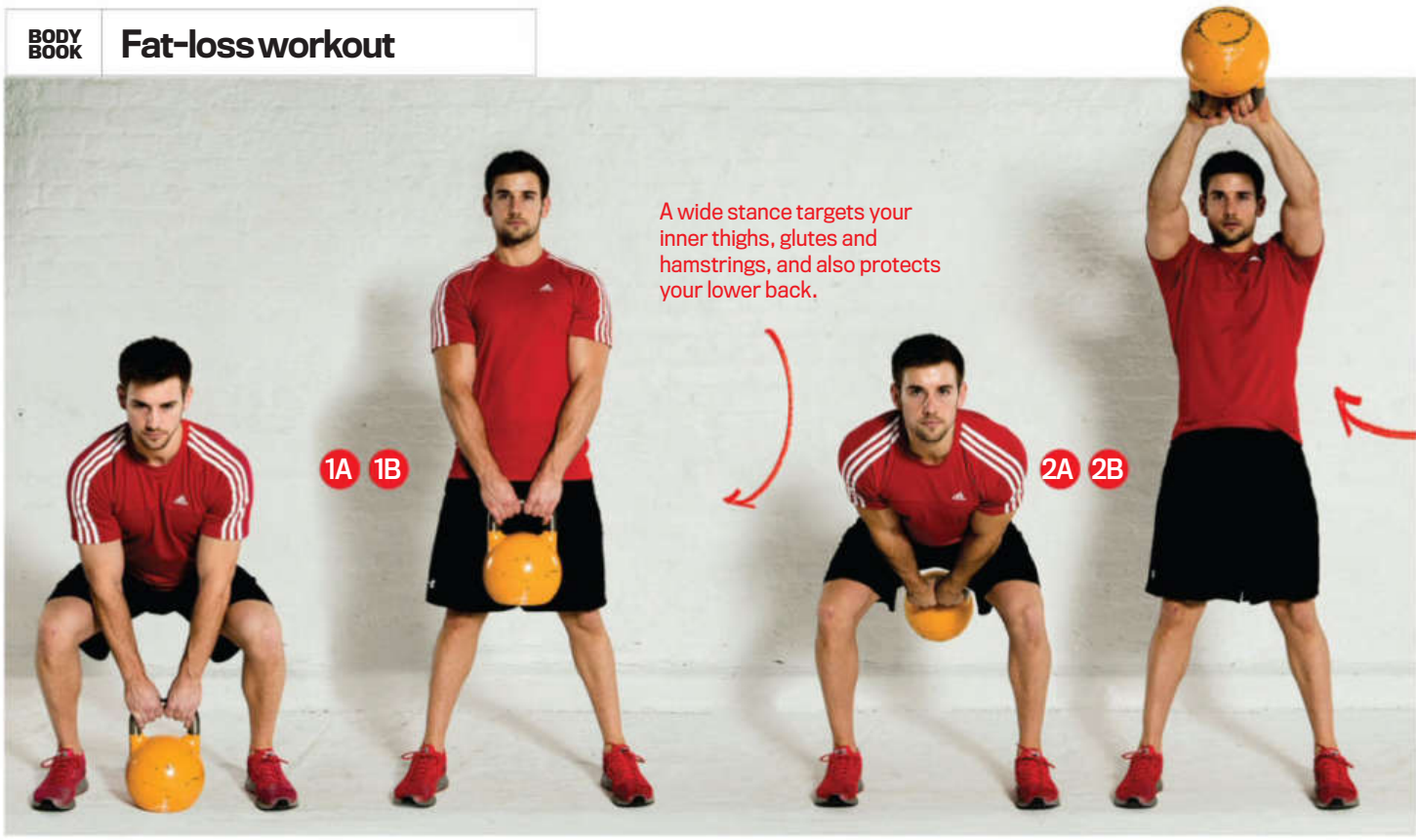
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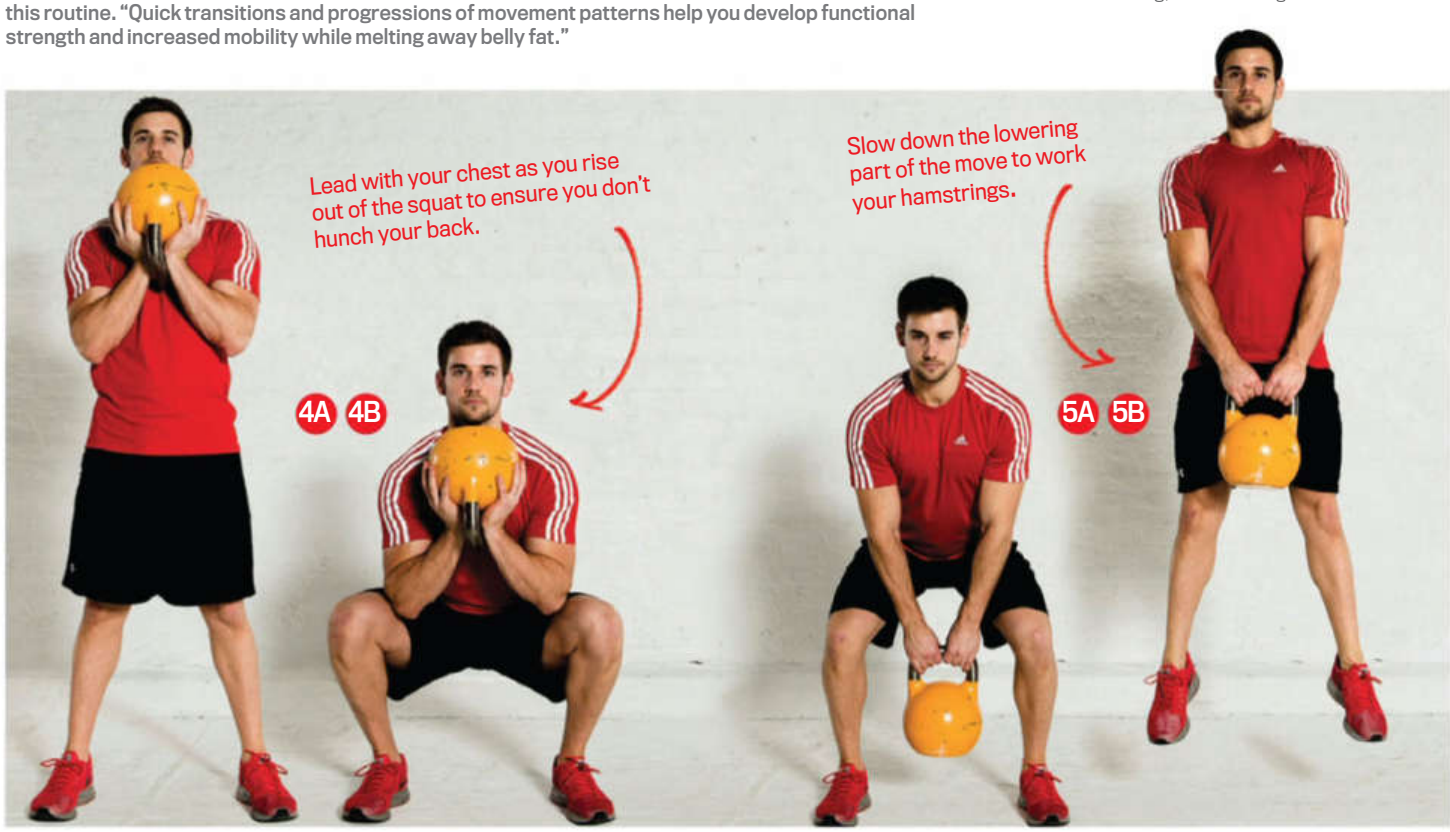
HELL'S BELLS

Use kettlebells to create a bodyfat inferno in just 11 minutes.

Kettlebells are a fat-fighting godsend on their own – but using them for complexes, where you perform moves without resting or setting the weight down, gives you an unbeatable quickfire workout. "This is a high-intensity, fat-burning session that also develops strength," says trainer Natalie Morley, who devised this routine. "Quick transitions and progressions of movement patterns help you develop functional strength and increased mobility while melting away belly fat."

1 SUMO SQUAT

Get into a squat position holding the kettlebell with both hands, with feet wider than shoulder-width apart, chest up, back straight and thighs horizontal. Drive up to standing, then lower again.





2 TWO-ARM SWING

From standing, push the kettlebell off your body and lower it between your legs, hingeing at the hips and keeping your chest up. When you feel a stretch in your hamstrings, drive your hips forward, swinging the bell above head height.

3 SNATCH

Take one hand off the kettlebell. Swing it up and as it passes eye level, pull your elbow up and back and quickly punch up with your hand to catch the bell with a straight arm so it rests on the top of your forearm. Complete all the reps on one arm, then switch sides.

4 GOBLET SQUAT

Hold a bell upside down, with your wrists close together and elbows tucked in. Keeping your back straight and chest up, lower into a deep squat. Drive through your heels to stand.

5 JUMP SQUAT

Hold the bell between your legs with both hands, arms straight. Lower into a squat, then drive up explosively. Bend your knees to cushion your landing and continue into the next rep.

6 CLEAN AND PRESS

Swing the bell up with one hand. As it reaches shoulder level, draw your elbow in to your body, bend your legs and catch the bell so it rests on your forearm. Drive up and punch the bell overhead. Complete all the reps on one arm, then switch sides.



THE PLAN

"Repeat this workout two to three times a week, starting with a light kettlebell to perfect the form, then increasing the weight in weeks three and four as you get more competent," Morely says.

WEEK 1
SETS **3** REPS **8**
REST **90**SEC.

WEEK 2
SETS **4** REPS **10**
REST **90**SEC.

WEEK 3
SETS **4** REPS **8**
REST **90**SEC.

WEEK 4
SETS **4** REPS **8**
REST **60**SEC.

Words Sam Rider Photography Tom Miles Model Alex Crockford@WAthletic Thanks to Fitness First

INJURY-FREE RUNNING

Running doesn't cause injury – but setting off unprepared might. Use our expert's advice to keep you on your feet.



David Wynne is a sports and musculoskeletal physiotherapist. He is investigating how running biomechanics relate to lower-limb injury.

It's tricky to assess the risk of injury when training for a marathon. Some claim it's as high as 92%, but even conservative estimates suggest the chances are almost one in five. What's not in doubt is that you can reduce the danger. "Poor biomechanics and overtraining are the main causes of injury," says Wynne. "But common injuries can be easily avoided." Here's how.

1 RUNNER'S KNEE

"This is properly known as iliotibial band or IT band friction syndrome. The IT band is a layer of tissue that runs along the outer thigh. If your glutes and quads are weak your IT band can rub against a sac of fluid on your knee, causing pain."

PREVENT IT

"Strengthen these muscles with single-leg glute bridges, step-ups or lunges. Do three sets of 15 reps, building up to four sets of eight reps with heavier weights, once a week. When running, make sure your knees don't rub together."

2 SHIN SPLINTS

"Medial tibial stress syndrome relates mainly to pain originating from the inner aspect of the shinbone. It's caused by an abrupt increase in training that doesn't give the bone time to adapt."

PREVENT IT

"Runners increasing their weekly distance by more than 30% put themselves at high risk. Once you discover your base level of endurance – which you should on your first run – increase your overall weekly time or distance by no more than 10% per week, and don't increase both at once."

3 ACHILLES TENDINOPATHY

"The achilles runs down the back of your lower leg to your heel and is the largest tendon in the body. Pain here can arise from a change in footstrike pattern towards the front of your foot, but it's also associated with tight or weak calves."

PREVENT IT

"Don't just stretch your calf muscles – strengthen them at the same time. Stand with your heels hanging over a step. Rise onto your toes and lower slowly until your heel is below the step, then repeat. Do three sets of 15 reps. You should feel fatigue in your calves. If not, add weights."

4 METATARSAL STRESS FRACTURE

"The metatarsals are the long bones of the foot and they have to absorb large forces, particularly when running. A sudden increase in exercise intensity or duration can lead to fracture, as can pronation, which is when your foot rolls inwards as you land."

PREVENT IT

"Good foot posture and control is important. Strengthen the intrinsic muscles of your foot using the STAR excursion test: stand on one leg and tap the other leg on the ground forwards, backwards and to either side as far as you can. Do five sets of five on each leg. For a greater challenge you can do it on an unstable surface such as a Bosu ball. However, the most important tip is to increase your running distance gradually by following the 10% rule." ■



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More grains, more gains. *The uneven weight in sandbagsforces muscles to work harder.*

the sandbag

Want a full-body workout that'll test your heart, lungs and abs? Better go with the grain.

Barbells are great if you're trying to heft the heaviest weight possible, but if you're in it for real-world strength, there's a better option. Because of the way its centre of gravity shifts, a sandbag tests your stabilising muscles from all angles, giving you a tougher full-body test than a nice, friendly bar. If you want to make your own, use builders' sand duct-taped inside plastic bags in a canvas sack – or you can buy one from Iron Edge (*ironedge.com.au*). Do this circuit three times, twice a week, and start boosting your gains.





1 CLEAN AND PRESS Reps 8

Start with the bag on the ground, then drive up through your heels and lift the bag quickly, flipping it over to catch it at chest height. Pause, then push the bag overhead.





2 UPRIGHT ROW Reps 8

Grip the bag by the central handle – or, for a real test of grip strength, by the fabric. Pull upwards, bringing your elbows up to the sides. To safeguard your shoulder joints, don't jolt. Lower the bag under control.





3 ZERCHER LUNGE Reps 10 each side

A favourite with wrestlers. Grip the bag underneath with your hands clasped together, then lunge forward, alternating legs. You'll test your core, legs and biceps.





4 FLOOR PRESS Reps 10

Lie on the floor with the bag on your chest and your triceps resting against the ground – this protects your shoulders more than traditional bench pressing. Push the bag overhead, pause, then lower under control.





WINDMILL Reps 6 each side

Hold the bag overhead in one hand, then bend at the hips, sliding your other hand down one leg.

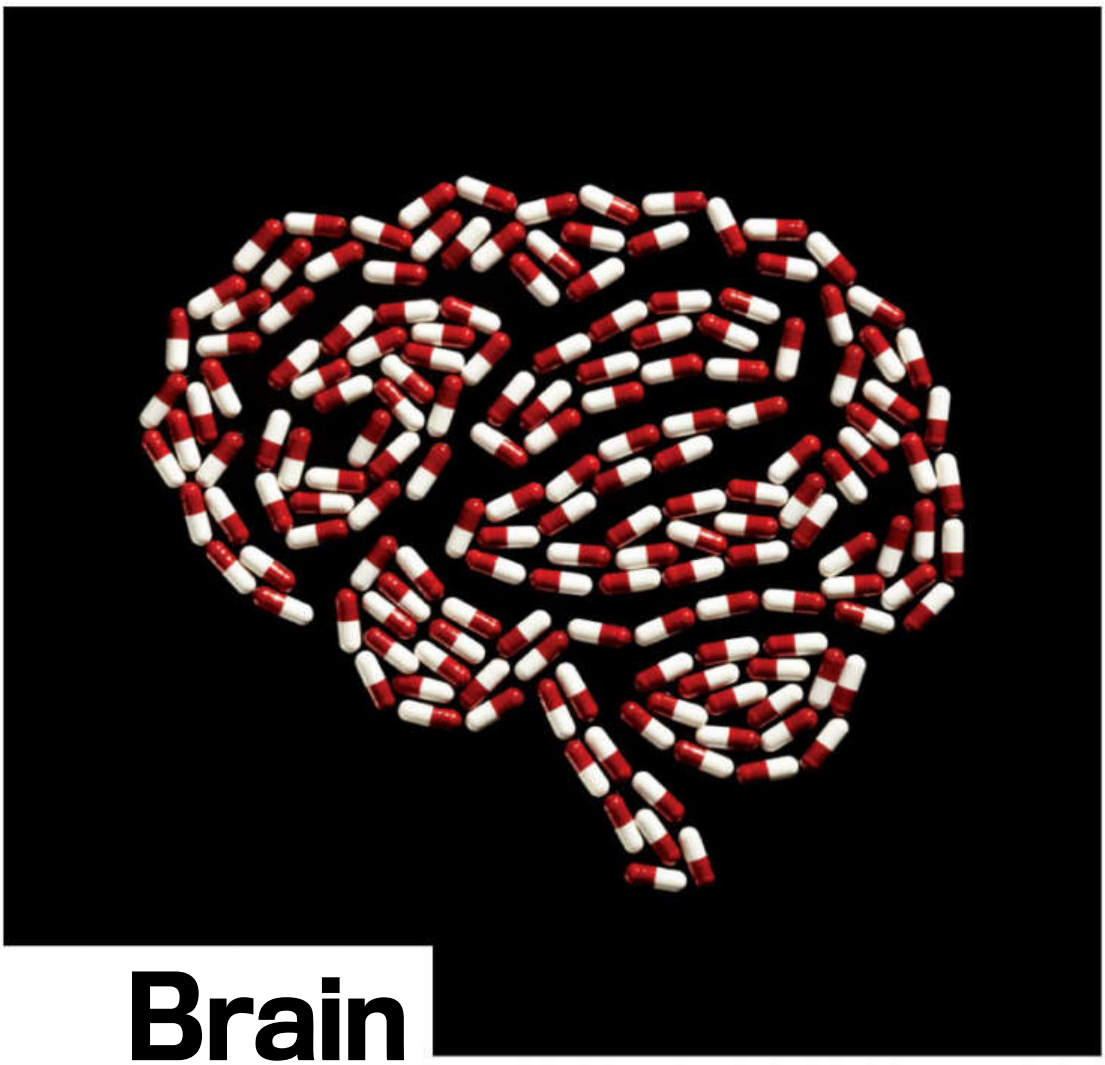




GET-UP Reps 3 each side

Expert level. Lie on the floor, holding the bag overhead by a handle, then get up on one side, keeping your weight on the opposite forearm. Bag too heavy? Hold it on your shoulder, not in your hand.

Words Joel Snape Photography Danny Bird Model Ben Watts@WAthletic



Supps made from these substances can help you think more clearly, pay attention longer and even remember faces better.

Brain food

Don't have the attention span to read this article? Take one of these supplements, then try again.

By Joy Ronson

The inability to think straight isn't just a next-day after-effect of a wild night out on the town. Poor memory, short attention span and general mental lethargy are par for the course when you're under-rested and overworked. But there's help available. Here, a few supplements that can help you feel sharp and clearheaded.

Bacopa monnieri

This herb, whose antioxidant properties have long been linked to improved learning skills, comes from the marshlands of India, where for thousands of years it was the go-to brain-sharpening supp of the rajas, or local rulers, of India.

Science seems to back up Bacopa's use. The journal *Phytotherapy Research* reported that subjects who took Bacopa for 90 days saw a boost in cognition — specifically, improvement in their spatial memory, which is related to the ability to navigate a familiar place.

As an added benefit, Bacopa may also relieve depression caused by chronic stress, according to a 2014 study published in *Psychiatry Investigation* — and we all know what stress can do to the ability to think straight.

Bacopa is a prime ingredient in Onnit's Alpha Brain, available at *onnit.com*.

Ginkgo biloba

A well-researched herb already in wide use, ginkgo is believed to enhance blood flow to the brain, making it popular as a treatment for a large variety of problems, ranging from headaches to anxiety to vertigo.

But ginkgo may also boost brain power. A study in *Human Psychopharmacology* found subjects taking a ginkgo extract were better able to recall faces than those taking a placebo.

Ginkgo is available in Herbs of Gold's Ginkgo Biloba 6000 (*herbsofgold.com.au*), which also contains L-tyrosine, an amino acid popular in energy drinks because it doesn't cause jitters like caffeine.

CDP-choline

CDP-choline has shown promising results for its attention-enhancing properties.

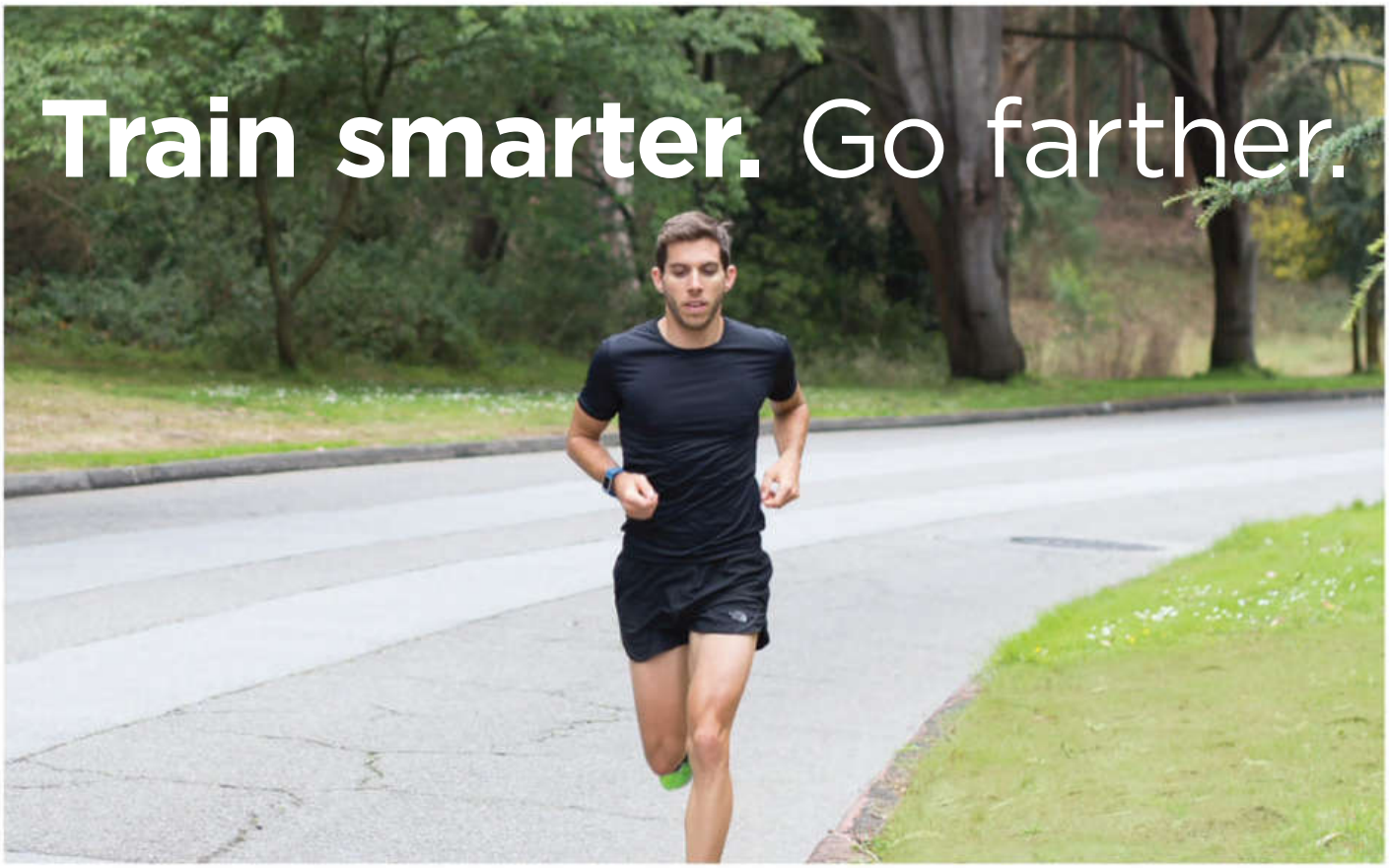
A precursor to the nutrient choline (which itself is a precursor to acetylcholinye, a neurotransmitter that helps brain and muscle functions), CDP-choline improved the "attentional performance" (focus! We said *attentional performance!*) of research subjects tested after taking the supp for 28 days, a 2012 study showed.

You can get CDP-choline in Blackstone Labs' The Razor's Edge (*blackstonelabs.com*), which promises to get you "in the zone" not more than an hour after you take it.

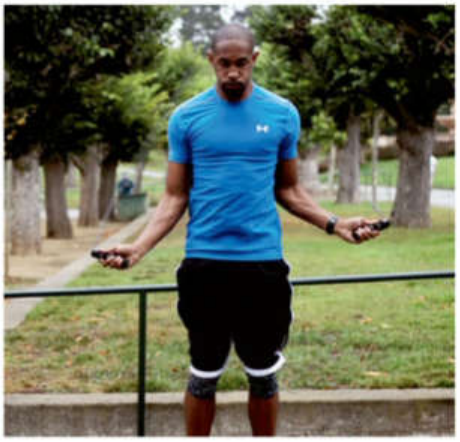
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